



**CLEANING UP
AFTER EARL**
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MIGHT LIKE IT**
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Tuesday, September 14, 2010
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► Justice Minister Ross Landry speaks to reporters as Sean Kelly, the province's director of correctional services, listens yesterday at the provincial jail in Burnside.

Other upgrades

- "A more vigorous camera monitoring policy" — Camera upgrades intended to increase range of visibility, as well as increase video capture quality around day rooms and cells.
- "Electronic Officer Rounds Tour system" — A wand that allows guards to electronically record which sections of the prison are be-

ing inspected and which need to be. Landry said the system will cut back on the paperwork guards are required to fill out, thus saving time.

- "Compliance and Investigative Unit" — A new team to work within correctional services "to provide support and expertise," scheduled to be implemented in March 2011.
- 30 new part-time staff will be hired.

Province targets jail violence

► Justice minister announces about \$440,000 in security boosts at Burnside prison ► Better surveillance, 30 new part-time employees among initiatives

The province's director of Correctional Services is relocating his office to the Burnside jail in an effort to curb "escalating inmate violence."

Sean Kelly will move into the Central Nova Correctional Facility effective immediately, Justice Minister Ross Landry announced yesterday.

Kelly, who oversees all Nova Scotia penitentiaries, will nevertheless devote "100 per cent" of his attention to the beleaguered Burnside facility.

The move is one of several initiatives to curb violence at the jail, which has seen a slew of altercations involving guards and inmates.

Most recently, an inmate received life-threatening injuries at the hands of two other inmates last Friday. Halifax Regional Police were dispatched to the jail several hours after the early morning fight.

Landry downplayed questions as to whether Kelly's arrival signalled a lack of confidence in the jail's superintendent, Russell Partridge.



► Central Nova Correctional Facility in Burnside.

"Mr. Partridge continues in his role," Landry told reporters. "We're bringing Mr. Kelly in to help address and assist in some of these issues."

Landry went on to say, however, Partridge is considering retirement.

"Mr. Partridge has indicated that he is looking to retire or is considering that. Whether he does ... is not as critical as that we identify support systems to help in the smooth transition when that does come about." ● **ALEX BOUTILIER**



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if you want to be a crime-fighting superhero, a few things will help you look the part: tights (with underwear on the outside), knee-high boots (even if you're a dude) and a cape (even if it gets in the way). or if you are like the rest of us cubicle soldiers who just want to get through your day, we recommend this bottle. it's got b and c vitamins and packs a hydrating punch of delicious flavour. so leave your sidekick back at the cave, ok captain canada?

30 m green pleas

for best results, stick it in the fridge.

Igor likely to go easy on province

Nova Scotia will get the waves, but likely not the weather from oncoming hurricane Igor.

Igor was building steam in the Atlantic Ocean yesterday with Category 4 winds of 240 km/h.

Chris Fogarty, with the Canadian Hurricane Centre in Dartmouth, said Igor is a borderline Category 5 storm — the highest level.

Since Igor is still at

least a week away from the Maritimes, it's hard to say what effect it will have on Atlantic Canada, Fogarty said.

"It looks like it will curve northward like Earl did, but I believe a northward curve in the track will occur sooner than Earl," he said.

"I think the chance of this affecting us in the same track sense as Earl is less likely."

But Newfoundland

might get clipped by Igor, Fogarty added.

Surfers take note: Large swells preceding Igor will appear in Nova Scotia starting on Friday.

As of yesterday afternoon, Igor was located about 1,420 kilometres east of the Northern Leeward Islands and was moving west.

Right now Bermuda is keeping a close eye on the hurricane because computer models suggest it's

Not unusual

► Category 5 storms are not as rare as you might think. Chris Fogarty of the Canadian Hurricane Centre in Dartmouth said these hurricanes appear once every one or two years in the tropics.

coming that way.

Also in the Atlantic, tropical storm Julia

moved west yesterday, away from the southern Cape Verde Islands.

The storm's maximum sustained winds were near 65 km/h and Julia could become a hurricane within a few days.

We're now in the mid-way point in the hurricane season, said Fogarty, where hurricanes are developing at their most fast and furious.

● JENNIFER TAPLIN/WITH FILES
FROM THE ASSOCIATED PRESS

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news



News on the move

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Dashing Dachshunds delight the crowd at Montreal's third annual Weiner Dog Race. Video at metronews.ca/canada

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Attempted hit on guard renew calls for cellphone jamming software in prisons. Scan code for story.

Still cleaning up from Earl's wrath

► Crews working to clear the municipality of downed trees and branches after Sept. 4 storm



JENNIFER TAPLIN
@METRONEWS.CA

Branches and broken trees are still hanging around more than a week after hurricane Earl swept through HRM.

"We're working our way through the peninsula as well as Dartmouth and Cole Harbour who have had some challenges," Mayor Peter Kelly said yesterday.

"Most of the material was moved off the main thoroughfares to make sure people can get by on the roads and sidewalks."

Tree fall and broken branches came down by the tons, he said.

"In areas like Hydstone, trees have actually toppled over," Kelly stated.

"It will take some time before it gets back to normal, but it's out of harm's

"It will probably take a week or two by the time we catch up with all the material."

MAYOR PETER KELLY

way for the most part."

Any broken trees or branches fallen on private land are the responsibility of the homeowner — unless the downed tree belongs to the municipality.

The good news is the branches aren't considered any more of a fire hazard than the usual fall foliage which starts floating to the ground this time of year, said Kevin Thomas with the Halifax Regional Fire and Emergency Service.



Share your views online at halifaxletters@metronews.ca



► A vehicle passes branches knocked down by hurricane Earl on Agricola Street yesterday.

Nova Scotia joins MS study

Nova Scotia will join the other provinces and territories in a working group studying a controversial treatment for multiple sclerosis.

Health Minister Maureen MacDonald told Metro yesterday the group's mandate will be to gather information from clinical trials and research into liberation treatment. MacDonald said the working group is scheduled to report back its find-

Manitoba

► Manitoba is the only province to dedicate funding to liberation treatment clinical trials.

ings within a year. The province will then decide whether starting clinical trials is feasible and ethical.

"The objective of the group is to ... look at what

research is occurring right now on this," said Macdonald, calling from a health ministers meeting in St. John's. "We agreed that we would move to clinical trials when the evidence is there." The news comes on the same day as Newfoundland's announcement it will devote funds to clinical trials of the treatment, developed by the Italian physician Dr. Paolo Zamponi. ● ALEX BOUTILIER

News in brief

Search for boat continues

BAY OF FUNDY Debris was found on the Bay of Fundy as an extensive search began yesterday for an overdue scallop dragger from Nova Scotia with four people on board.

Maj. Paul Doucette of the Joint Rescue Co-ordination Centre in Halifax.

said officials didn't know if the debris spotted in the water was from the missing boat from Digby.

"We don't want to speculate that it's even from the same ship," he said. "Just personal items from a ship." The dragger left on a fishing trip last week and was supposed to return to port on the weekend. Doucette said a distress call from the boat wasn't received.

He said the search would continue overnight. ● METRO HALIFAX

Rahman could get bail as early as today

► Charged with manslaughter on July 24, 2009 ► Supreme Court set to begin trial in February



PHILIP CROUCHER
@METRONEWS.CA

The man facing a charge of manslaughter in the death of his infant daughter could be getting out on bail today.

Ashiqur Rahman, 24, has been in jail since he was charged last summer in relation to the death of his seven-week-old daughter Aurora Breakthrough. Aurora died at the IWK Health Centre on July 27, 2009.

But the Crown and Rahman's defence counsel are scheduled to make a joint recommendation during a bail hearing at Nova Scotia Supreme Court this morning regarding his release.

"I can't say anything until it's been said in open court," said Chris Hansen, spokeswoman for

Publication ban

► A temporary publication ban has been placed on details of the case. The ban will be lifted after the completion of Rahman's trial.

the province's Public Prosecution Services.

Jane Gomes, the former partner of Rahman, was sentenced to six months probation and counselling in May after pleading guilty in April to the lesser charge of failing to provide the necessities of life in her daughter's death. She was originally charged with two counts of manslaughter.

Gomes, a 23-year-old originally from Bangladesh, is expected to testify against Rahman at his trial in February.



► Ashiqur Rahman is escorted from a courtroom at the Halifax provincial courthouse in this file photo from earlier this year.

RYAN TAPLIN/METRO HALIFAX

Undercover operation nets drugs, cash

Federal RCMP officers have charged four people with drug trafficking after a three-month undercover investigation.

Raids on four residences in Halifax over the weekend netted more than \$100,000 in cash, 1,757 grams of cocaine, approximately 77 pounds of marijuana, and a small amount of steroids.

Three more people are awaiting charges in rela-

tion to the investigation that is still on-going.

Supt. Brian Brennan called the seizure a significant blow to the drug trade in Nova Scotia.

"It's significant in the fact that the individuals arrested are at a level within drug distribution and the multi-pound level and up to the half-kilogram level of cocaine," he said. "Which, for Nova Scotia, is quite significant."



► Drugs seized from the three-month-long investigation.

CONTRIBUTED

Brennan said the investigation into where the drugs came from is under way. The marijuana may be grown in province, but Brennan suspects the cocaine supply has links in southern Ontario organizations.

"Traditionally, that's where a lot of the cocaine that ends up in the Maritimes originates from."

● ALEX BOUTILIER

The accused

- David Thomas Wournell, 41, of Halifax
- Patrice Jean-Noel, 39, of Cole Harbour.
- Jarrett Randall Shrum, 24, of Cow Bay
- David Thane Mamye, 51, of Beechville

Impaired driving statistics released

Halifax Regional Police charged 49 people with impaired driving last month, including one person who was three times over the legal limit.

Police say that, in total, 38 men and 11 women, ranging in age from 16 to 63, were charged in Au-

gust.

Two of the men were charged for impaired driving of a boat on Halifax harbour.

Halifax RCMP have also been busy with impaired driving, laying charges in six separate incidents.

● METRO HALIFAX

Traffic stop leads to drug charges

A 20-year-old Halifax man is facing drug and weapons charges after police made a traffic stop on Saturday night in the area of Willett Street and Westridge Drive.

Brandon Alan Sully was scheduled to appear in Halifax provincial court

yesterday charged with drug trafficking and several weapons related offences.

Police say marijuana, bear spray and a conductive energy device were seized during the traffic stop.

● METRO HALIFAX

Police seeking robbery suspect

Police in Halifax are looking for an armed robber after a theft from a downtown business.

Halifax Regional Police say a man with a knife walked into a store on Clyde Street on Sunday just before 5 p.m. and demanded money.

He fled with an undisclosed amount of cash.

Police describe the suspect as about 30 years old, six feet tall and 200 pounds.

He was wearing a grey hooded sweatshirt, sunglasses, a red shirt and black boots.

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FATAL BLAZE

Dealer pleads guilty

A local auto dealer has pleaded guilty to five charges under the Occupational Health and Safety Act in relation to an explosion which killed an employee in 2008.

O'Regan's Chevrolet

Cadillac Ltd. will be back in court on Oct. 18 for sentencing.

Under the Act, the maximum fine is \$250,000 and/or a maximum prison term of less than two years.

Kyle Hickey was working at the O'Regan's Kia body shop in Dartmouth just before 4 p.m. on March 13, 2008 when an explosion rocked the building.

Hickey was severely burned and died the next day.

JENNIFER TAPLIN

Porter plane grounded after collision

A Porter Airlines plane was grounded yesterday after colliding with a service vehicle at Halifax Stanfield International Airport on Sunday night.

Airport spokeswoman Ashley Barnes said Flight 259 was arriving from Ottawa just before 9 p.m. when a minor collision took place approaching Gate 14.

The accident resulted in the closing of the gate and "minor" operational impact at the airport.

69 The number of passengers on the Porter Airlines flight. There were also four crew members.

A spokesperson with Porter Airlines said yesterday the plane's nose cone and a propeller were damaged in the collision, although a cost estimate wasn't known. Porter also said the plane is remaining grounded in Halifax until it's repaired to fly.

PHILIP CROUCHER

Officers promoted to Sgt.

Three Halifax Regional police officers were promoted to the rank of sergeant yesterday. Darrell Longley, Monier Chediac and Joanne McNeil were each promoted by Chief Frank Beazley.

METRO HALIFAX

Airport website honoured

Halifax International Airport Authority has nabbed the first place honours in marketing and communication from Airports Council International — North America for its Fly-Halifax.com website.

METRO HALIFAX

HRM ready to slam foes in 'food fight'

► Halifax taking on Regina and Victoria in a coast-to-coast food bank drive ► Mayor Kelly extremely confident municipality will win bet

RYAN TAPLIN/METRO HALIFAX

JENNIFER TAPLIN
@METRONEWS.CA

Hey Victoria and Regina: It's so on.

Mayor Peter Kelly threw HRM's hat into the ring for a competition to raise the most food donations in a 48-hour period.

Last year it was a battle between Victoria and Regina, with the latter victorious for collecting 163,000 kilograms of food. The loser, the mayor of Victoria, had to shovel his counterpart's driveway.

"Feed Nova Scotia and the HRM believe we can beat that hands down, so we decided to jump into the ring and challenge both these cities to a coast-to-coast food fight," Kelly said.

Kelly and Feed Nova Scotia's Dianne Swinemar are urging residents to start gathering food donations then take them to Exhibition Park (or other drop zones to be announced).

From 6 p.m. on Oct. 14 to the same time on Oct.

"The event has the potential to bring in one-tenth of the food we received in an entire year in just 48 hours"

DIANNE SWINEMAR, EXECUTIVE DIRECTOR OF FEED NOVA SCOTIA



2010 Coast-to-Coast Food Fight



► Feed Nova Scotia executive director Dianne Swinemar and Mayor Peter Kelly put up their dukes to promote next month's 2010 Coast-to-Coast Food Fight during a press conference at city hall yesterday.

16th the food will be weighed.

And if the HRM wins?

"The other mayors will wear our t-shirts when they lose, and wear our hats and pins, as well as wave our flag from their city halls," Kelly said.

He's also challenging the other mayors to plant a garden at their city halls

and donate the food to their food banks.

Swinemar said if they reach their goal of 200,000 kg it would feed 18,000 people for a week.



For more HRM news, visit metronews.ca/local

Food banks

400,000 people need assistance from food banks in Nova Scotia.

► Increase There was a 23 per cent increase in food bank users in the HRM in 2008-2009.

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STATSCAN STUDY

Water drying up in south

You could fill more than a million Olympic-sized swimming pools every year with all the renewable water that dries up across southern Canada, a new report says.

A Statistics Canada

study released yesterday says water yield has fallen by an average of 3.5 cubic kilometres a year over the last three decades.

The agency equates the annual loss to 1.4 million Olympic-sized swimming pools. Put another way, that's almost as much water as Canadians drank and used in toilets, showers and to water their lawns during the entire year of 2005.

THE CANADIAN PRESS

'Superbugs' hit North America

An infectious-disease nightmare is unfolding: Bacteria that have been made resistant to nearly all antibiotics by an alarming new gene have sickened people in three states and are popping up all over the world, health officials reported yesterday.

The U.S. cases and two others in Canada all involve people who had re-

2 The two Canadian cases were treated with a combination of antibiotics. One case was in Alberta, the other in British Columbia. Both patients had medical emergencies while travelling in India.

cently received medical care in India, where the problem is widespread.

THE ASSOCIATED PRESS

Senator fights for stem cells

Sen. Arlen Specter, a departing Democrat, initiated a drive yesterday to legalize federal funding of embryonic stem cell research, superseding conflicting court decisions.

THE ASSOCIATED PRESS

Lawsuit filed over false teeth

Some denture-wearers are launching a class-action lawsuit, claiming they were not told about the dangers of zinc in adhesives, which has caused numbness, loss of balance and persistent pain.

THE CANADIAN PRESS

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Women should dig for gold: Italy PM



► Italian Premier Silvio Berlusconi gestures during a meeting with members of his People of Freedom party.

TIZIANA FABI/GETTY IMAGES

► Opposition politician demands apology for Berlusconi's Hitler joke

Italian Premier Silvio Berlusconi says young women should follow the money when looking for a partner, noting women seem to like him and "I'm loaded."

Berlusconi, who is known for his gaffes, also raised eyebrows with a joke about Hitler's followers urging him to return to power. The billionaire businessman appeared Sunday at a convention of the youth wing of his People of Freedom party. When questioned by one of his cabinet ministers — a woman — he joked about marriages of convenience, saying women were lining up for him because "I'm a nice guy" and "I'm loaded."

THE ASSOCIATED PRESS

Scandal-prone

- Sex scandal Berlusconi, 73, was engulfed in a sex scandal last year centring on his purported dalliances with young women, including an escort.
- Separation Berlusconi's wife, Veronica Lario, said last year she was seeking a divorce. They are now separated.
- Denial The media baron has said he is "no saint" but denied ever paying for sex.
- Settlement? In Italy, a divorce can only be sought after three years of separation. Media reports this summer suggested that Berlusconi's wife has rejected his early proposals for a financial settlement.

U.K. sperm brokers on trial



► Nigel Woodforth

Two British men made a profit by illegally running a website that made sperm available to women who want to conceive, prosecutors alleged yesterday.

Nigel Woodforth and Ricky Gage are accused of earning \$385,895 by running an online company that introduced anonymous, would-be sperm

donors to women looking to have a child.

Prosecutors told a jury at a London court that Woodforth, 43, ran the company from the basement of his home. The two men did not have a licence to procure or distribute sperm, as required by British law.

Nearly 800 women who paid to use the company's

services were given access to details of a list of anonymous men. The women could choose the ethnicity, height, and even hair colour of the sperm donor they wanted to use, and the sperm was delivered to their homes through a courier company, prosecutors said.

THE ASSOCIATED PRESS

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36 survive crash in Venezuela

► Cause of plane crash not yet known ► Aircraft's destination was eastern city of Puerto Ordaz

A plane carrying 51 people crashed yesterday in a steel mill yard in eastern Venezuela, killing 15 people on board, officials said.

Workers at the state-run Sidor steel foundry pulled people from the smoking wreckage of the plane owned by Venezuelan state airline Conviasa, and officials said 36 passengers and crew survived.

Foundry worker Frank Oliveros said he saw a huge billow of smoke after the crash, then saw the wreckage through the smoke and joined dozens of fellow employees and firefighters who rushed to the scene.

"I don't remember names ... faces," Oliveros told The Associated Press by telephone. "Our only interest was getting all the people out of there alive."

In a statement, President Hugo Chavez lamented the crash and sent his

Unknown cause

It was unclear what caused the crash.

- 51 on board The plane, a twin-engine turboprop, was carrying 47 passengers and four crew members, Gov. Rangel Gomez said.
- Island origin Rangel Gomez said that Conviasa Flight 2350 had taken off from Margarita Island — a Caribbean island that is one of Venezuela's top tourist destinations — and crashed shortly before reaching its destination, the airport of Puerto Ordaz.

condolences to relatives of the victims.

"All Venezuelans are mourning, full of sorrow and tears as a result of this tragedy," Chavez wrote.

THE ASSOCIATED PRESS

Rushdie favours Mosque

"The Satanic Verses" author Salman Rushdie is not a great fan of organized worship but believes an Islamic centre and mosque should be permitted two blocks from ground zero.

Rushdie's satirical novel led in the 1980s to worldwide riots by Muslims and

calls for his death. He says he understands the "sensitivities" of building the centre close to the site of the attacks on Sept. 11, 2001.

But he says First Amendment rights to freedom of speech and religion should be honoured.

THE ASSOCIATED PRESS



Deadly day in India

Indian forces fought Kashmiri demonstrators yesterday in street battles that killed 15 people — including one police officer — in the deadliest day in a summer of violence challenging Indian rule in the disputed territory. Since 1989, a violent, separatist insurgency and the ensuing crackdown by Indian forces have killed an estimated 68,000 people.

ALTAF QADRI/THE ASSOCIATED PRESS



► Salman Rushdie

Charges in LSD-laced candy case

A woman and her teenaged son are facing drug charges in Cranbrook, B.C., after the Mounties found some gummie bears laced with the hallucinogenic drug LSD.

Police say they made the discovery while searching a home for mari-

Forces: Smuggling report unfounded

The Canadian Forces says reports British military police are investigating allegations that soldiers are smuggling heroin out of Kandahar are totally "unfounded."

Col. Tim Grubb, Canadian Forces Provost Marshal, issued a statement yesterday shooting down claims in the British media that troops from Britain and Canada were involved in the scheme.

Over the weekend, a British newspaper — the Sunday Times — and the BBC reported that Britain's Ministry of Defence was investigating claims that troops from both countries used military aircraft

Troops as mules?

The notion that returning troops could be involved in the shipment of illegal narcotics first surfaced in 2007 with allegations that both marijuana and opium were being carted back to Canada.

- An internal review by the Canadian Forces National Investigative Service noted that military police, using sniffer dogs, conducted random spot checks on troops and found no drugs.

to smuggle drugs out of southern Afghanistan.

THE CANADIAN PRESS

3,700 Many parents of the 3,700 students were impressed with the six small schools on the 9.3-hectare site in the crowded immigrant neighbourhood west of downtown.

legal disputes with conservationists who wanted to save the historic hotel from demolition, and with Donald Trump, who wanted to build the world's tallest building at the site.

THE ASSOCIATED PRESS

The site where Sen. Robert F. Kennedy was assassinated opened yesterday as a \$578-million complex of public schools for thousands of students after years of disputes over historic preservation.

The two-decade effort to turn the location into an educational complex involved

ijuana.

Cpl. Chris Faulkner says there's no evidence any children were given the gummie bears, but he says if a young child were to consume such candy, the effects of the LSD could be very dangerous.

He says the suspicious candy was found during

last spring but it wasn't until the summer that lab tests came back confirming the presence of LSD.

Fifty-year-old Christianne Bateman and her 18-year-old son Benjamin are facing charges of possessing and trafficking drugs.

THE CANADIAN PRESS

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YouTube to begin live streaming

► Ustream is the current leader in live video, with 3.2 million unique viewers in July

YouTube is making its long expected foray into live streaming by launching an experimental trial with four new media partners.

The <http://youtube-global.blogspot.com/new> live streaming platform will be previewed in a two-day trial beginning yesterday, but is expected to later grow considerably across the Google Inc.-owned website.

Four YouTube partners will participate: the celebrity-focused Young Hollywood; the online television outlet Next New Networks; the how-to guide Howcast; and Rocketboom, the Internet culture vlog.

Streaming

YouTube is far from the first company to step into the streaming video space.

Online Startups such as Ustream.tv, Justin.tv and Livestream have already established themselves. But YouTube remains the largest video platform on the web and is expected to quickly become a considerable force in the rapidly growing live streaming video business.

"This is just an initial trial, a first step," said

YouTube product manager Josh Siegel.

"We're going to look at a whole bunch of data about the performance of our new platform and then, based on that, make decisions about how we'll open it up, with the goal of opening it up to all of our partners over time."

For the last two years, YouTube has offered numerous events live, including a U2 concert, cricket matches in India and President Barack Obama's first State of the Union address. But for all of those events, YouTube relied on third-party technology to enable the live webcasts.

TORSTAR NEWS SERVICE



► A participant walks with a plate of food at the World Economic Forum's Annual Meeting of the New Champions 2010.

NG HAN GUAN/THE ASSOCIATED PRESS

Biz forum hits China

More than 1,300 business and government participants from 85 countries are expected at the three-day World Economic Forum's Annual Meeting of the New Champions 2010, also known as Summer Davos, being held in Tianjin, China.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 52.77 (12,149.86)	+ 0.73¢ (97.34¢ US)	+ 74¢ US (\$77.19 US)	\$3.938 (+ 5.5¢) Gold contracts \$1,247 US (+ 60¢)

SOURCE: TSX, CME GROUP, COMEX, NYMEX, BLOOMBERG

15

In the second quarter, the key debt-to-income ratio fell from a record 148 per cent to 145.7 per cent, while the debt-service ratio fell to a four-year low of 7.2 per cent. TD Bank economist Diana Petramala says the welcome drop in these ratios was likely driven by temporary measures.

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BEST FRIENDS FOREVER ... AT WHAT COST?

She says ...

JESSICA NAPIER



They say good friends can enrich your life, but what happens when hanging out with your rich buddies leaves you feeling broke?

In my 25 years I like to think I have acquired a fun, diverse group of friends. But while we are all smart, hard-working people, we are compensated very differently. Some are high-priced lawyers, bankers and people of the corporate persuasion. And then there are those of us who are slugging it out in the service industry, fulfilling unpaid internships or freelancing for pocket change.

So what is the price of being good friends with people who earn significantly more than you?

Surrounding yourself financially successful individuals can be both motivating and inspiring. However, trying to fit in with friends who earn super-sized salaries can also leave you feeling jealous and insecure. In other words, you're "frenvious."

It's hard not to live beyond your means when trying to keep up with your suit-clad social circle. Whether you're splurging on a lavish night out or expensive wedding presents, there's plenty of room for financial tension when budgeting for your friends' expensive tastes.

Sometimes, well-meaning friends can be insensitive to the diverse income brackets that ex-

ist within the group. Hosting your birthday party at a pretentious resto with heart-attack inducing prices is one thing. But ordering a pricey bottle of Merlot plus a charcuterie platter for the table and expecting everyone to split the bill is ridiculous. Especially when your slightly more impoverished friend only

ordered a salad and tap water. And FYI, she told you she "wasn't that hungry" because she looked at the menu online beforehand and ate a hearty pre-dinner snack after realizing she wouldn't be able to afford an entree.

Over time, the salary gap can

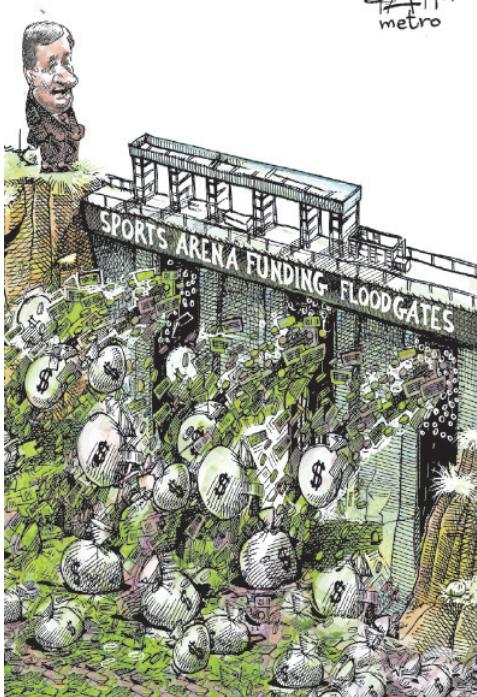
continue to widen. Some friends get promoted while others plunge into debt as they head back to school. Dealing with this increasingly large divide is tricky terrain. Even among close friends, the topic of money still remains relatively taboo. I always wonder why we're willing to divulge all the intimate details about our sex lives, but discussing our bank statements seem to be in poor taste.

Ultimately, it's important to remember that while good friends might be priceless, friendship doesn't have to come at the expense of your financial security.



Read more of
Jessica Napier's columns
at metroneWS.ca/shesays

Cartoon



MICHAEL DE ADDER
metro

Spies in the bathroom

Worth mentioning

Swine flu may have scared people straight, or maybe they are finally listening to their mothers. Whatever the reason, Americans are washing their hands more often, suggests the latest check by researchers who spy on people using public restrooms.

Checks in four big cities last month found 85 per cent of public restroom users washing their hands, up from 77 per cent in 2007. It's the best rate since these periodic surveys began in 1996.

One thing hasn't changed: Men are still dirtier. About 23 per cent

Listen to your mother



of men failed to wash versus seven per cent of women.

"Those little 20 seconds with friction, water and soap" are one of the best things people can do to keep from getting sick, said microbiologist Judy Daly of Primary Children's Medical Center in Salt Lake City.

Researchers from Har-

ris Interactive combed their hair and pretended to put on makeup while watching more than 6,000 adults using restrooms in four U.S. cities.

Best: The Chicago science museum, where 93 per cent washed up. Worst: The two train stations in New York, where only about 80 per cent washed. THE ASSOCIATED PRESS

What three things can you not live without?

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Metro has the right to edit letters and submissions.

Metro Minute with Channeling Hope

A major fundraising initiative is taking place tonight in support of Halifax marathon swimmer Kristin Roe's Channeling Hope campaign. Pier 21 in Halifax is hosting the event beginning at 7 p.m. featuring humanitarian Stephen Lewis, chair of the Stephen Lewis Foundation in Canada and co-director of AIDS-Free World in the United States.

Roe is looking to raise \$100,000 for the Stephen Lewis Foundation and the Nova Scotia-Gambia Association. The Channeling Hope campaign has raised more than \$30,000, with an end-date set for the end of next month. Tonight's event begins at 7, with tickets available through channelinghope.com.

• METRO HALIFAX



► Kristin Roe, right, will host the Channeling Hope campaign tonight at 7 at Pier 21 in Halifax

metro

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THE CANADIAN PRESS FILE



The doctors return for a third season

► Syndicated show gives viewers digestible, quick and healthy info they can use on a daily basis ► Women's health issues being made a priority

Dr. Lisa Masterson has her work cut out for her on the Emmy Award-winning TV show *The Doctors* as it enters its third season this week with women's health issues an increased priority.

Masterson is being asked to lead the charge. "I am loving that," said Masterson, an obstetrician and gynecologist. "Being the only female on the show and the voice of women is something I take

really seriously."

The Doctors is offering its female-skewing audience a segment titled, Ask Dr. Lisa, which promises candid answers to viewer and studio audience questions, and The Motherhood Survival Club, with celebrities and average moms sharing their child-rearing experiences.

People want information about everyday concerns, said executive producer Jay McGraw (son

"Being the only woman on the show ... is something I take really seriously."

DR. LISA MASTERSON

of Phil McGraw). Larger health care issues aren't on the agenda.

"Viewers don't have questions for us on health care reform. They have questions for us on, 'What do I do today to get better

tomorrow?'" McGraw said.

The show's answers range from home remedies for swimmer's ear to solving the mystery of whether a child's congestion stems from allergies or infection.

The show, McGraw recalls, did a segment on the "five colours of snot" to identify which should prompt parents to get medical help for their youngster.

THE ASSOCIATED PRESS

Other doctors

Joining Masterson are emergency room physician Dr. Travis Stork, plastic and reconstructive surgery expert Dr. Drew Ordon and pediatrician Dr. Jim Sears.

► All the doctors agree that hearing from viewers they've helped is welcome medicine.

► The series averaged more than 2.6 million daily viewers last season.

Scene in brief



1 Joaquin Phoenix will appear on the Late Show on Sept. 22.

2 Oprah surprised her audience of 300 yesterday with a trip to Australia.

3 John Waters wants to make heterosexual divorce illegal.

THE ASSOCIATED PRESS

Being Erica star hears from fans inspired by show

The CBC-TV series *Being Erica*, about a woman who gets a chance to go back in time to fix her regrets, is apparently inspiring some fans to re-evaluate their own lives.

A Facebook fan page for the dramedy, which kicks off its third season Sept. 21, has several testimonials from viewers who say the premise prompted them to make either professional or personal changes.

And Gemini Award-winning star Erin Karpluk says she often hears similar stories from fans.

"One woman said 'I really want to find my biological mother. That's something that I've always wanted to do,

it's a huge regret of mine,'" Karpluk, 31, recalled. "To hear from someone trying to reinvent their life or make the most of their life or make positive changes ... and if this show is inspiring them in any way,

that makes me so happy and excited," she added.

In the upcoming Season 3 of *Being Erica*, which airs in 86 countries, Erica makes major changes in her career and relationship with Ethan (Tyron Leitso).

A Scottish remake of the show is now in the works.

"If this show is inspiring them in any way, that makes me so happy."

ERIN KARPLUK, ACTRESS

Karpluk says she's heard it may feature a male character. "Maybe they can meet and maybe they can have a time-travel session together," she added, jokingly.

THE ASSOCIATED PRESS



Review: *Halo: Reach* shines in multiplayer, but solo campaign falls short

DVD Releases this week**Buy it ⚡ | Rent it ⚡ | Borrow it ⚡ | Yawn ⚡ | Don't bother ⚡****Gyllenhaal is a Prince****Prince of Persia: The Sands of Time**

Genre: Adventure

Director: Mike Newell

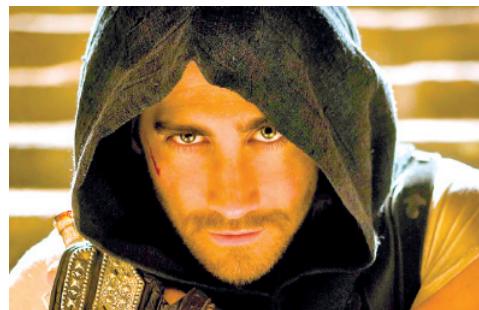
Stars: Jake Gyllenhaal, Gemma Arterton

●●½

Most actors wouldn't thank you for describing them as a video game character.

In the instance of Jake Gyllenhaal in his title role as a gritty prince, however, such comparisons should be taken as a sincere compliment. It's not easy making something so fake seem almost real, but the normally glum Gyllenhaal nails the insincerity, finally morphing from indie wimp into blockbuster action figure.

Prince of Persia isn't just based on a video game, as so many films are these days. It blithely acts as if it still is the game, which someone managed to project onto a big screen. The camera movements mimic the up-down, left-right sweeps of twitchy gamers, weapons are constantly in use and



the main actors seem impervious to natural laws.

Gyllenhaal's poor-boy Prince Dastan isn't just a champ at parkour, the jumping bean exertions that give the film great energy; he's defies gravity as if he's made of ancient Flubber.

Gemma Arterton's Princess Tamina, the object of much heavy breathing and heroic exertions, manages to keep her makeup intact even while treading across the desert and staring into sandstorms. Max Factor, are you paying attention?

A pause for station identification: the film is directed by Mike Newell, who did *Donnie Brasco*.

and also one of the Harry Potter paychecks, but it's produced by Jerry Bruckheimer, and you know what that means.

Such trifles as history, logic and storytelling must take a back horse to explosions, wisecracks and ludicrous situations.

This isn't so terrible, this time out. Bruckheimer has smartly assembled actors who are fun to watch, Gyllenhaal being the big revelation here.

Depending on which of three packages you buy, extras include one deleted scene, a making-of featurette and interactive controls.

• PETER HOWELL

A period charmer**Dean Spanley**

Genre: Comedy

Director: Toa Fraser

Stars: Peter O'Toole, Jeremy Northam, Sam Neill, Bryan Brown

●●●

The current Toronto International Film Festival celebrates film at its finest and most diverse. But it also reminds us that not all gold gets a chance to glitter.

This utterly charming period comedy by New Zealand's Toa Fraser was a Gala presentation at TIFF '08, with attendant hoopla at Roy Thomson Hall. Then it vanished from sight, skipping a proper theatrical release as it headed to DVD.

It's a shame, because the film showcases one of Peter O'Toole's most affecting recent performances, as a cranky Edwardian-era man who finds his heart in the most unusual of encounters.

He plays the widowed



father of a put-upon London son played with weary grace by Jeremy Northam.

Their regular Thursday visits turn to tedium until the son suggests they attend a lecture on reincarnation by a noted eastern swami. There they meet an intriguing character named Dean Spanley (Sam Neill), whose enthusiasm as a dinner guest and skills as a raconteur increase in direct proportion to his imbibing of a certain rare liqueur.

Said liqueur is provided by an import-export rascal played by Bryan Brown, who also gets caught up in the astounding stories Spanley weaves. No fair spoiling the surprise, but let it be said that a cherished pet dog figures prominently in the tale telling.

The film is slow to reveal itself, but it pays off handsomely, especially in the performance by O'Toole. Dog lovers, this one is especially for you.

Extras include a making-of featurette and cast and crew interviews.
• PETER HOWELL**haifaxcomedyfest FAVOURITES****SATURDAY SEPT 18****REBECCA COHN****Alonzo Bodden**

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**John Moloney**

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Jovovich gets dramatic

CHRIS YOUNG/THE CANADIAN PRESS



► Milla Jovovich juggles zombies and serious film fest roles to broaden career.

► In Stone, she plays the wife of a prison inmate who seduces a parole officer ► She also co-stars in Dirty Girl, a tale of a teenage bad girl

Milla Jovovich does not just want to rule the box office by killing zombies.

She aims to show versatility beyond her Resident Evil action-horror franchise with a pair of movies at the Toronto International Film Festival.

Jovovich co-stars with Robert De Niro and Edward Norton in the psychological drama Stone, which premiered at Toronto over the weekend ahead of its theatrical release in October. Her second Toronto film, the teen comedy Dirty Girl, also premiered at the festival over the weekend.

"I just keep chugging away at the smaller, more interesting character studies that I get to play," Jovovich said in an interview. "The Resident Evil world is amazing. I love it and I love the action. But really, when you do the little indies, you get a chance to play the parts you don't nor-

mally play."

Jovovich, 34, led the weekend box office with \$27.7 million for Resident Evil: Afterlife, the

fourth installment in the series, in which she reprises her role as a superhero slaying ravenous zombies that have overrun the world.

The Resident Evil movies are overseen by Jovovich's husband, director Paul W.S. Anderson, who also is directing her in a 3-D adapta-

tion of The Three Musketeers, which features Orlando Bloom and Academy Award winner Christoph Waltz and is due in theatres next year.

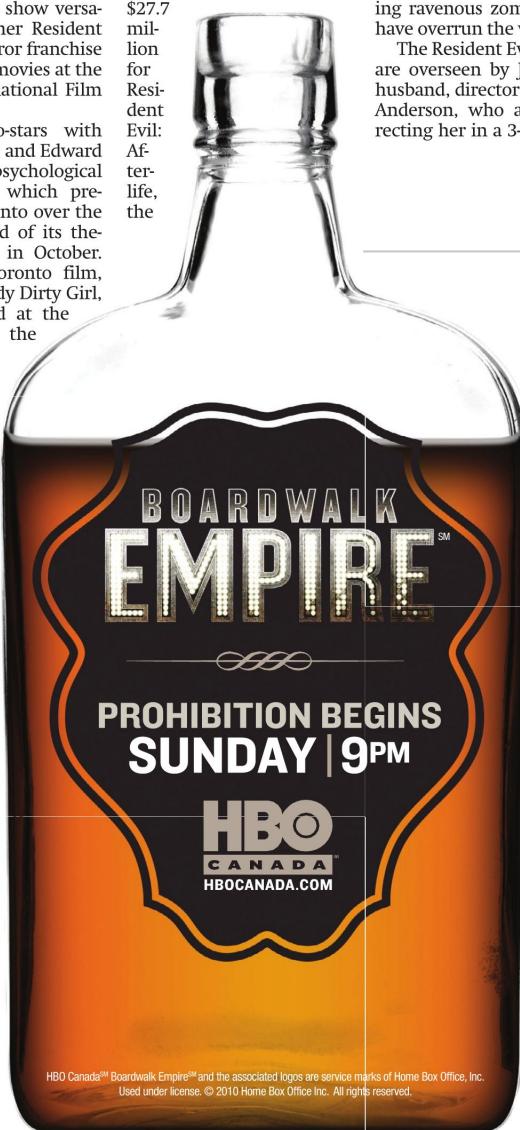
Jovovich also has starred in such big studio productions as The Fifth Element and The Messenger: The Story of Joan of Arc, appeared in Ben Stiller's Zoolander and Spike Lee's He Got Game.

In Dirty Girl, which is seeking a theatrical distributor at the Toronto festival, Jovovich co-stars with Juno Temple, Mary Steenburgen, William H. Macy and Dwight Yoakam in the tale of a teen bad girl. In Stone, Jovovich plays the wife of a prison inmate (Norton) who seduces a parole officer (De Niro) to try to secure her husband's release.

Co-star Norton said Jovovich brought both her beauty and an exotic spirit to the role.

"I knew she had this in her," Norton said. "It's a weird comparison, but she reminded me of Karen Black or one of those great actresses of the '70s who though beautiful was always kind of finding a little bit of a funky kink in what they were doing and didn't feel like they were out of central casting."

THE ASSOCIATED PRESS



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6
DAYS

5
DAYS

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DAYS

Black Mountain keep growing

It seems a trip to the Wilderness actually smoothed some of Black Mountain's rough edges.

The Vancouver band is often associated with the spiralling, stoned-out epics of its first two records — both of which contained songs that unfurled past the 10-minute mark. So the concise, structured pop tunes of their new LP, Wilderness Heart, might surprise some.

"We just wanted to try something new," said vocalist Amber Webber. "The songs are tighter, to-the-point sort of songs. We came into it somewhat naturally."

In fact, the band enlisted the help of a producer — two, in fact — for the first time on Wilderness Heart, due out today. Three tracks were recorded in Seattle with Randall Dunn, who has worked with Sunn O))), and four were helmed in Los Angeles by Dave Sardy, who has teamed up with the likes of Oasis and Wolfmother.

They helped draw the band into a different direction.

"He likes to trim the fat," keyboardist Jeremy Schmidt said of Sardy. "He's a Beatles fanatic."

Yet the move toward stripped-down song struc-

tures hasn't much changed the band's critic-approved formula. Wilderness Hearts finds the band again juggling chugging, Sabbath-scented hard-psych and druggy folk,

with mythology-infused lyrics reminiscent of Rush. "I think if it wasn't pulling in more than one direction, we'd just get bored with being dragged off in one direction,"

said.

"I'm as interested in making something heavy as I am something that's the opposite of that."

The first single Old Fangs hums on a rock-solid groove that calls to mind Queens of the Stone Age, while the languid lag of Rollercoaster is intermittently interrupted by titanic guitars.

On the softer side, the foreboding Radiant Hearts carries a whiff of Jefferson Airplane while the swaying The Space of Your Mind is only one example of the band's further explorations in vocal harmony.

Indeed, Wells and lead



► Vancouver's Black Mountain released a new LP, Wilderness Heart, today.

vocalist Stephen McBean have never worked together as seamlessly as they do here, with Wells wrestling a bigger role on this album than ever before.

The reason for that was as much pragmatic as artistic.

"I put some more effort into writing more vocal harmonies, just because I knew we'd be touring for two years, so (I) might as well sing a bunch," Wells said, before shrugging and offering a slight smile.

THE CANADIAN PRESS



Scan this code to check out Black Mountain's new music video

Gaga can't sleep alone

► New book on Pokerface singer alleges she is terrified to be alone ► Insisted former assistant shared her bed

A new book on Lady Gaga claims the award-winning singer is petrified of being alone and would often insist that her former assistant, Angela Ciemny, share her bed.

"We would do our make-up together every morning and get ready for bed together at night," Ciemny says in the book *Poker Face: the Rise and Rise of Lady Gaga*.

Ciemny says that when she would try to head back to her own room, the singer would throw a fit, insisting she stay.

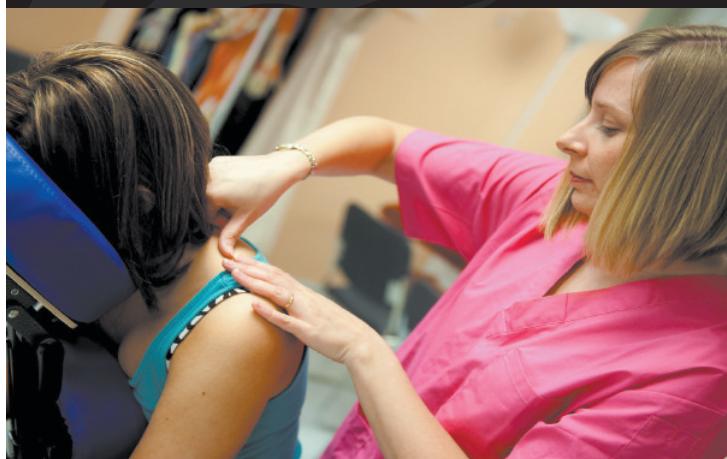
"Gaga couldn't sleep without someone next to her in bed," according to the book.

● METRO



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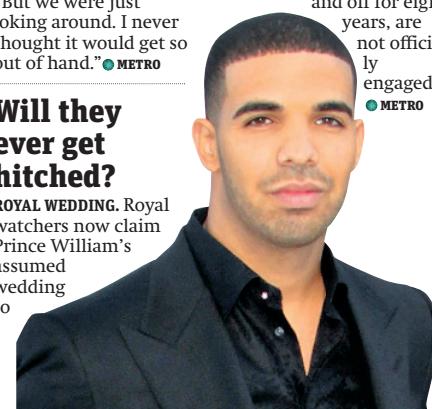
Talking points

Drake's wedding hoax

WEDDING BELLS? Rapper Drake thought he was just being funny when he joked on Twitter recently that he and singer Nicky Minaj had gotten married, but his mother didn't see the humour in it. "My mom was actually like, 'What happened? How did you elope?'" Drake said. "But we were just joking around. I never thought it would get so out of hand." ● METRO

Will they ever get hitched?

ROYAL WEDDING. Royal watchers now claim Prince William's assumed wedding to



Kate Middleton will take place in June 2012, coinciding with Queen Elizabeth's diamond jubilee and taking place two months before the Olympics come to

London, according to the News of the World. Buckingham Palace sources denied an early report by the Daily Mail that the couple would wed at Westminster Abbey in August 2011. William and Middleton, who have been dating on and off for eight years, are not officially engaged. ● METRO



Celebrity tweets



Spencer Pratt
[@spencer-pratt] Thanks to jail, I finally have something in common with ... Gandhi.



Taylor Swift
[@taylor swift13]

Nothing like a Sunday afternoon sitting in my car ... watching LARPING!!



Erykah Badu
[@fatbelly-bella] The Jedi pays attention to the movements of his/her own mind. She ... chooses to turn fear and worry into calmness.



Michael Ian Black
[@michael ianblack] Pretty sure I am still asleep because if I am awake this sucks.

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Breaking the wave



► Get your wetsuits out and head for the shore. ► Cameron Diaz swears by it — and she has her toned figure to vouch for its effectiveness

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METRO WORLD NEWS IN LONDON

Surfing instructor Clayton Beatty talks us through the varying degrees of fitness needed when riding the waves:

The challenges of surfing

Paddling endurance

Duck diving: Diving under an oncoming wave. Timing your paddle into a wave

Popping up (take off): Making sure you pop up quickly and stay low to keep a low centre of gravity for better balance.

The muscles engaged

Paddling: The shoulders and upper back muscles.

Duck diving: The chest, arms and core muscles.

Popping up or takeoff: Chest, arms, core muscles and balance.

Surfing a wave: Legs (mainly your quads, glutes, hamstrings) and core muscles.



► Hold on for fitness.

ly when you are riding a wave or about to ride.

In order to have good balance you must work on your core stability and

learn to keep the movement in your hips, knees and ankles steady.

Why you need good balance

Balance is crucial in order for you to take off correctly

a strong core and upper body strength

Core strength is what gives you the balance needed for duck diving, popping up, and riding a wave correctly.

If someone has a weak core then their body cannot transfer force effectively, causing them to lose movement efficiency while surfing.

Upper body strength is important for endurance when paddling, power and for duck diving and popping up on the board.

A regular surfer's body

Surfing is an excellent total body workout.

It combines cardiovascular fitness, core strength, stability, balance, upper and lower body strength and power as well as mobility and flexibility.

Surfing on a regular basis builds up cardiovascular endurance and creates a lean muscle definition.

Surfers are likely to have low body fat and be more agile.

3
life

Cellphone app



If there's one thing the typical Canadian teen wouldn't be caught without, it's a cellphone. So doctors are hoping to employ the ubiquitous communications device as a means of diagnosing and treating mood disorders among the adolescent set.

Researchers at Sunnybrook Health Sciences Centre in Toronto have developed cellphone software that would allow teens to record mood changes as they occur.

THE CANADIAN PRESS



Stents may double risk of stroke or dying in older patients compared to surgery

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How to get rid of man boobs

HEIDI PATALANO
wellness@metronews.ca

While breast-enhancing surgery has become almost a norm for women, men are also heading to the plastic surgeon's office more often — to have their man-boobs (moobs) removed in a procedure referred to as gynecomastia.

That fact shouldn't be too surprising, considering that each year the obesity epidemic continues to grow. The U.S. Center for Disease Control and Prevention recently released a study that showed nine states increasing their obesity rates by 30 per cent, which is triple the number of states that reported such a high percentage in 2007.

However, hormonal issues can also cause the growth of moobs. A test is required if a hormonal imbalance is a possible cause. Dr. Bill Johnson, plastic surgeon at Innovations Medical in Dallas, Texas, explains.

"Any man that's having a discharge from his nipples, that's definitely a sign that you need to have an evaluation," he says. "Also, folks that have very large breasts that aren't particularly overweight or particularly heavy anywhere else."

Putting patients to sleep from abroad

► McGill team helps pioneer remote anesthesia ► Hints at applications

Forget about falling asleep at the drop of a hat — how about at a click of a button?

In what's being billed as a world first, McGill University researchers partnered with a team from Pisa University in Italy in pioneering a way to administer anesthesia without being in the same room — or even on the same continent — as their patients.

During a two-week period, Dr. Thomas Hemmerling and his team from McGill's department of anesthesia treated 20 patients undergoing thyroid gland surgery in Italy, remotely from Montreal. The duration of the surgeries in the pilot project varied from between about 45 minutes and three hours.

The approach is part of a new technological advancement known as teleanesthesia. It involves

engineers, researchers and anesthesiologists administering drugs intravenously, which are then controlled

remotely through an automated

tem.

There were two automated systems in place in both Montreal and Pisa, so if a video or Internet link was interrupted, the local automated system could still be taking care of anesthesia, Hemmerling said. The local team could override the administration of anesthesia at any time.

Hemmerling noted that in some African nations, there are fewer than 10 anesthesiologists in each country, and anesthesia care is often provided by nurses.

"Just imagine if in some African countries you could install locally an automated system, and you could then in addition either remotely control it, or at least be the remote backup," he said.

"I'm sure you could increase quality or safety of the patient care."

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Testimonial
DIET DIARIES
ALANA BLANCHARD
SURFER



Her workouts: I do Pilates and yoga every day and I love biking, hiking and anything that has to do with the water.

Her beauty rituals: I'm a very healthy person. I eat a lot of fruits and vegetables, and I try not to eat anything processed. I always use sunscreen during the day and try to go surfing before the UV rays are at their strongest.

Her guilty pleasures: I love frozen yogurt. We don't have it on Kauai (Hawaii) yet so when I go to places that have it I get so excited.

Does she think people can have it all physically: It all depends on your body and how it builds muscle and what you eat has a lot to do with it. It can either be hard or easy, you just need to figure out your own body needs.



► One doctor is showing that you can still eat the foods you like and lose weight.

You are not what you eat

► Doctor goes on all junk food diet to prove a point

 **CELIA MILNE**
WELLNESS@METRONEWS.CA
METRO TORONTO

You can have your cake and lose weight too.

Curbing obesity is all about eating less — and you can choose naughty foods if you like, according to Dr. Mark Haub (PhD), a professor of nutrition at Kansas State University.

To prove it, he's eating cake and junk food for a month.

Haub is promoting the idea that diets fail because they don't take individual preference into account.

For his experimental diet, he aims for 1,800 calories a day. He looks after his basic nutrition needs with multivitamins, a few vegetables and some milk and protein drinks.

But the other 70 per cent to 80 per cent of his diet is junk — snack cakes, hot dogs, peanut-butter chocolate bars, chocolate cake rolls, breakfast pizza, donuts, chips and sugary cereal.

"The premise is very

simple," he says, "eat less energy than expended."

Haub had high cholesterol when he started the diet in late August. Two weeks later, Metro contacted him to see how he was doing. He had lost 10 lbs and his cholesterol levels and blood glucose levels had improved.

"Now my cholesterol values are normal, which surprised me as I was not expecting such a dramatic improvement in just two weeks."

While he doesn't suggest people pig out on junk food, he does feel that foods notoriously known to ruin diets may be OK in moderation.

"I'm not promoting this or recommending it; it's just an exercise in nutrition," says Haub, who teaches undergraduate students.

He feels that instead of telling people what not to eat, a better way to reduce obesity is to encourage people to keep their calories in check, and to fortify popular foods with nutrients.

Don't be scared of your food

What foods do you like? Eat them!

That's one of the messages from Dr. Mark Haub, a nutrition professor in Kansas. He is on a junk food diet. He's promoting the idea that, as long as you get your nutrients, limit your calorie intake, and exercise regularly, you can eat whatever you want.

"One concern I have regarding the major global effort to fight obesity is that people are not enjoying food in fear of getting fat," says Haub.

"While I do not support gorging or gluttony, I do think enjoying what we eat should be embraced."

● CELIA MILNE

ISTOCK

News in brief

Workers feel more stressed

STUDY. How are you doing at work? Stressed, if you're like most Canadian employees. Almost 30 per cent of workers are feeling more stressed about work than they were last year, according to a recent survey by Desjardins Financial Security.

Massage can boost health

IMMUNE. A small scientific study in California found that a deep massage can boost the immune system and curb stress-related hormones. ● CELIA MILNE

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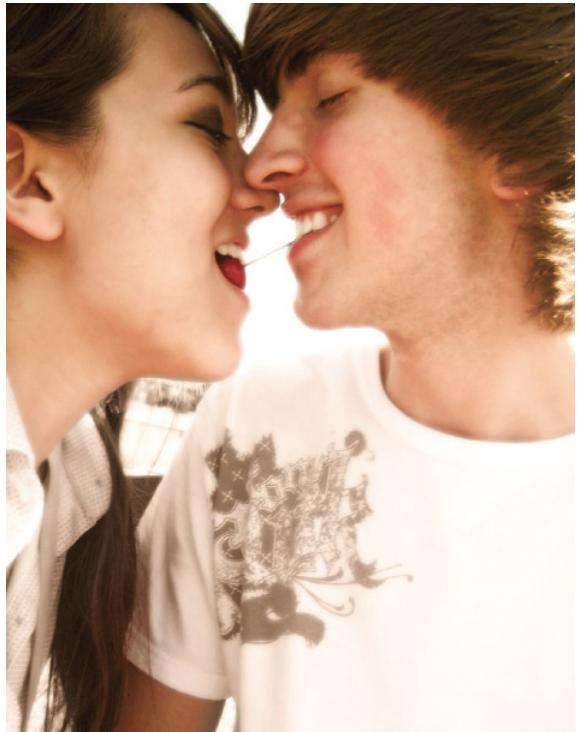
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*when compared to traditional walking shoes

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A SPECIAL METRO REPORT PRESENTED BY



*Exploring sex and everything
that goes along with it.*



Landon Hollis (ndeliciousbass), Flickr

Sorting through today's relationship labels

There seems to be a label these days for everything. No matter what you're doing (or not doing) with someone, you can be classified as being in a specific type of relationship. Even if you're not married!

The two most common types of non-exclusive relationships are one-night stands and friends with benefits (or "frenemies"). Now, these two arrangements come with both advantages and pitfalls. For example, two friends hooking up can be a lot of fun because you already know you like each other, but too often one partner will start to develop feelings for the other—and many friendships have been ruined as a result. Alternately, having a one-

night stand can be satisfying, but mixing such activities with alcohol almost invariably leads to regret for at least one party. And it's often tricky to get out of there without leaving your phone number—even if you don't want to.

Another trend that's become prevalent these days is serial monogamy (a consecutive series of exclusive sexual relationships), according to Alex McKay of The Sex Information and Education Council of Canada. Sounds romantic, right? Surprisingly, however, these relationships carry a health risk: Many couples begin with the use of barrier contraception (like condoms) but, as the relationship develops, they move on to oral (or other non-barrier) contraceptives. "If you have, say, five relationships like that," he suggests, "by the fifth relationship, as soon as you move on to the Pill, you're basically having unprotected sex with five sex-

ual partners." Still sound romantic?

Even if you're not with anyone at the moment, you're eligible for a very elite status: Single and loving it. Oddly enough, this can often be the most fulfilling arrangement. Too often, people go from one relationship to the other, often beginning at a very young age, without taking time to learn about themselves and what they want as an individual. So if you find yourself single, don't be afraid to love it—and yourself!

But no matter what label's been slapped on your own special arrangement, don't forget to respect yourself and the person you're with. Make sure that the terms clear to you both and be open and honest about your feelings before anything happens. That way, nobody gets hurt and you'll be free to enjoy whatever benefits your particular label provides—without the drama. And don't forget to always play safe!

Know your barriers

Choosing a method of contraception is a matter of personal choice and lifestyle needs. According to a report on contraceptive use among Canadian women (available at www.sexualityandu.ca), the two most common contraception methods are condoms and oral contraception (or "the Pill"). The Pill has an efficacy rate of 92–99.7% in preventing pregnancy, the same as

find which one suits you and your partner best, make sure to talk to your doctor.

There are other methods for preventing pregnancy that are available at your local drugstore as well, such as spermicides that disable sperm (71–82% efficacy) and "sponges" that absorb sperm for up to 12 hours (68–91%). But as your best line of defense against

[and some girls] who don't want to use them. But for your sake, as well as for the sake of your partner, you might want to take a second look.

Even just looking at one brand of male condoms, there is a product for every argument. For guys who think that condoms reduce sensitivity, they can choose between Very Sensitive, Thintensity, and Naked Sensations options. If you feel that the condom is too tight (some guys actually don't know that they're bigger than average!), www.trojan.ca lists nine Magnum versions of their regular-sized products. For girls who don't find that condoms do anything for them, there's Her Pleasure line in Ultra-Ribbed, Ultra-Sensitive, and Warm Sensations. And for anyone with a sensitivity to latex, Supra condoms are made of ultra-thin polyurethane. So really, there's no excuse not to play safe!

Whatever method you use, it's important to get the facts as to how to use it properly. www.sexualityandu.ca is a great resource to

Whatever contraceptive method you use, it's important to get the facts as to how to use it properly.

the transdermal patch (which you wear) and vaginal ring (which you insert) and comparable to injectable contraceptives ("the Shot"). The patch, the ring, and the shot are available by prescription. Each comes with its own responsibilities and potential side effects, since they contain hormones that prevent a woman's ovaries from releasing eggs; to

both STIs (sexually-transmitted infections) and unplanned pregnancies, the condom is really the powerhouse of the contraception world (with an efficacy rate of 85–98% in preventing pregnancy). They're cheap and portable, don't contain hormones or medication, and are available in most stores (and some washrooms). And yes, we've probably all known guys



Chepe Nicoli (ChepeNicoli), Flickr

Sex by the numbers

Here's a snapshot of some sex habits of Canadians – young and old:

⇒ Average age of first sexual intercourse: 16–18 years

⇒ Percent of Grade 11 students reporting having oral sex at least once: 52 (F); 53 (M)

⇒ Number of times per month women aged 26–35 years have sex: 8–12

⇒ Number of same sex couples in Canada: 45,300

⇒ Rate of teen pregnancies: 38.2 per 1,000

⇒ Number who have had 20 or more sex partners: 12 (33% had 2–5)

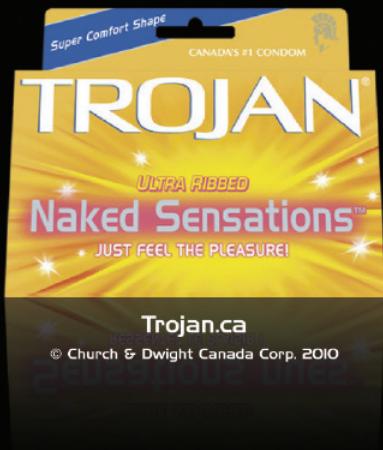
⇒ Number who would rather give up sex than the Internet: One-third

SOURCES: Statistics Canada; It's Canadian Youth Sexual Health and HIV/AIDS Study (2003); sexuality.about.com by Cory Silverberg; 2006 Canadian Census, www.sexualityandu.ca; Yahoo 15 Year Anniversary Survey (Ipsos)



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State of the nation

September: End of summer and back to the rat race at work or school. Some things rarely change.

It looks like the same goes for our sex habits. Research indicates that while Baby Boomers broke free-love barriers back in the 1960s, sexual behaviors have stayed pretty much the same ever since. For example, the average age at which Canadians first have sexual inter-

toys. One US survey showed that half the people surveyed used a vibrator, and Canadians are probably no different, says Cory Silverberg, a certified sexuality educator in Toronto. "If anything, it's possible that the combination of our slightly less neurotic attitude to sexuality, along with our long cold winters, could translate into higher sex toy use."

The idea that kids today are hopping into bed at every turn is an exaggeration

course – 16-18 years – has remained the same for the past four decades.

The idea that kids today are hopping into bed at every turn is an exaggeration, to say the least. Research suggests that teens today have fewer lifetime sex partners. They may, however, be turning to oral sex instead of intercourse as rates of this practice among high school students are rising.

Teens – and their parents, too – may also be turning more to sex

So we're fooling around just like couples have done from time immemorial. "Look at the earliest pornography and you'll see that our great-great grandparents were as kinky as we are," says Silverberg.

What has changed is our comfort level with our sexuality – and that applies to young people, too. One survey found that about 8% of teens don't consider themselves "straight". Schools are pushing to make the academic environment

safers for students to "come out" as gay, lesbian or transgendered, says Kristopher Wells, an expert in sexual minorities at the University of Alberta.

In general, the sexual health of all Canadians has steadily improved over the years, says Alex McKay, Research Coordinator, Sex Information and Education Council of Canada (SIECAN), Toronto. "Sex is not so much this hidden taboo topic that it used to be." We're getting more sex info at school and on-line, we're using contraceptives more often, and teen pregnancy rates have dipped to their lowest level ever, he says.

Where we find our mate probably represents the biggest change in Canadian coupling habits. Online, it seems, is where it's at when it comes to finding the perfect boy (or girl) next door. "Mobile dating sites that use location-based technologies let you find someone not just in your city or town, but someone who happens to be at the same coffee shop as you," says Silverberg.

The pyjama game



Robert McDonald (38259388@N00), Flickr

Everybody knows that you don negligees and silk boxers when you're feeling sexy between the sheets, but what do other kinds of nightwear say about you?

Men's pyjamas: These are the two-piece, button-down kind with pants. If you wear them, you're more interested in comfort than sensuality. To spice things up, men should do away with the shirt, and ladies can replace it with a slinky tank top.

Underwear: You're comfortable in your own skin, but you also like to leave a little to the imagination. Everybody likes a mystery, right?

Nothing: You are a free spirit with nothing to hide and are ready for anything. Just make sure you have a robe handy so you'll be ready for an unforeseen knock at your door.

Footy Pyjamas: You're a kid at heart. But don't expect to be getting any in that getup. Seriously.

STIs: The stats and the facts



You've probably heard about the skyrocketing rates of sexually transmitted infectious (STIs).

Fact: In 2008, there were 82,919 reported cases of chlamydia in Canada, an increase of 80.2% from 1999.

Fact: The rate of gonorrhea increased, too, by 116.5% between 1999 and 2008.

Fact: About 75% of us will be infected with the human papilloma virus (HPV) at some point in our life.

But the statistics don't paint the true picture. For one thing, more people are coming forward for testing and the tests today are much more sensitive, says Dr. Gayatri Jayaraman, Manager of Surveillance and Epidemiology, Center for Communicable Diseases and Infection Control, Ottawa.

While the overall prevalence of STIs is high, this has been the case for years, says Alex

Mckay, Research Coordinator, Sex Information and Education Council of Canada (SIECAN), Toronto. "People focus on distorted STI statistics to claim that sexual health is getting worse and that's completely misrepresenting the facts."

What is truly alarming is our "abysmal" knowledge about STIs, says McKay.

STIs are spread through vaginal, oral or anal sex as well as through sharing sex toys or needles. Symptoms can include unusual discharge, burning sensation when urinating, pain or sores in the genital area, itching, unusual bleeding, and a strong odor.

But some people who have an STI have no symptoms. The only way to know if you're infection-free is to get tested. But note that basic testing doesn't include the two most common STIs: Herpes simplex virus (HSV) and HPV.

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Dal blazes way to firefighting success



sity's Fire Service Management Certificate programs.

Grace Temani-Chipudhla, director of the program, said it is designed for volunteer or full-time firefighters with three or more years of experience.

The certificates in Fire Service Leadership, Fire Service Administration and Incident Command boost skills in leadership, management, finances and law, she says.

Some students have gone on to be fire chiefs and



► Dal Fire Service Management program helps improve the career of a firefighter.

deputy fire chiefs.

"It has definitely helped them with their careers," she says. "It's to improve the fire service personnel."

Each course lasts 13 weeks and the whole program lasts about a year. Students can specialize in operational planning, strategic planning or human resources management.

"It allows students to find out what really goes on in terms of dealing with local government," Temani-Chipudhla says. That

includes the details of running a fire hall and the legal responsibilities of a fire department.

"People always come back and say this was a great program and I could apply the content right away to work."

Most assignments require reading textbooks and articles. The book learning is then applied to the student's own fire department or to a fictional case study called the Horizon County Fire Service.

Face time

Instructors are a mix of fire officials, university professors, lawyers, engineers and emergency physicians.

Getting over a beef



"A big portion of the success in resolving conflict is your ability to communicate effectively."

GERRY MARTIN, SAINT MARY'S UNIVERSITY

In both people's personal and professional lives, conflict is inevitable.

"Conflict arises because we are different," says Gerry Martin, the program director of executive and professional development at Saint Mary's University.

This is because people come from different backgrounds and have different experiences, family dynamics, cultures and incomes.

To help people deal with conflict, Saint Mary's offers a certificate in resolving conflict. The eight-day program requires completing two required seminars, plus two electives.

The required courses give students an understanding of what conflict is and the strategies that can be used to reach a solution that is beneficial for all parties.

The elective courses include Mediation Skills and Negotiation and Dispute Resolution.

One of the advantages of the program is that people use the skills learned for a number of purposes, says Martin.

"People say, 'I can use this in my personal life, I can use it with my kids, I can use it with my volunteer work. But in addition to that, I can certainly use it in my workplace,'" she says.

Dalhousie University offers a similar negotiation and conflict resolution certificate program. The six-day program has three required courses: Effective Negotiating and Influencing Skills, Resolving Workplace Conflict and Mediation: Breaking the Impasse.

Resolution and pianos

A few years ago, Dr. Brad McRae was going to Jamaica to do some volunteer work. His daughter wanted to come along too, but she had to play piano daily because she was a level 10 pianist.

McRae, the instructor for Dalhousie University's certificate in negotiation

and conflict resolution, says one key to resolving a conflict is coming up with a creative solution.

In his daughter's case, McRae found a hotel where she could play the piano for a set two-hour time period every day.

"We got rid of the conflicts," he says. "She got to (go to) Jamaica and she got to practice the piano at the same time."

● RICHARD WOODBURY



► Different backgrounds, experiences, family dynamics, cultures and even income can cause interpersonal conflict.

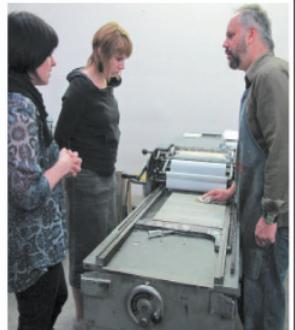
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Schools train students in traditional healing methods



A growing interest in what practitioners call alternative medicine has sparked a demand for training centres.

In Halifax, one of the largest is the Canadian College of Acupuncture and Traditional Chinese Medicine.

The Bedford Highway-based institute offers a two- or three-year acupuncture diploma program and a five-year doctor of traditional Chinese medicine diploma program.

Joe Starr, managing director of the college, said the treatments are based not on scientific testing, but rather on accumulated anecdotal evidence.

"It's 2,000 of constant, unbroken history of study," Starr said. "It's a complete medical system with its own diagnosis, its own theories of diagnosis and a whole panoply of services."

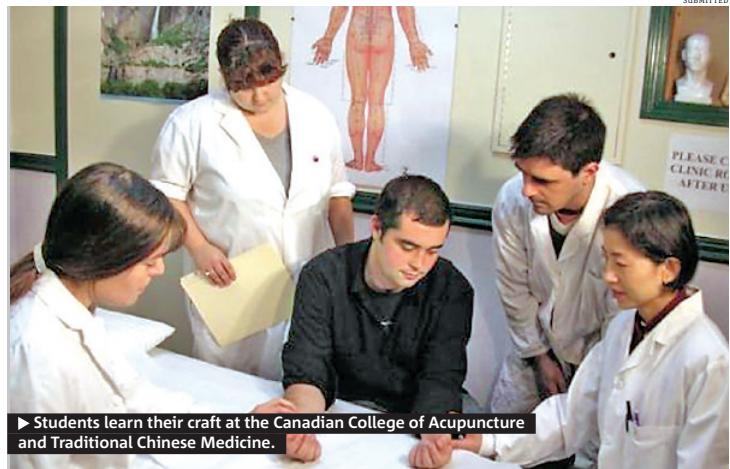
He said students of alternative medicine learn about exterior treatments like acupuncture and interior treatments like herbal remedies.

The college's acupunc-

ture graduates can then apply to join the provincial and national associations and hang out their shingle in Nova Scotia. It's a largely unregulated industry in the province, though Starr said his college hopes that changes in the near future.

Other forms of alternative medicine tend to be taught on a smaller scale in Halifax.

Would-be yoga instructors, for example, can learn at a number of Halifax studios including Atlantic Yoga Teacher Training or the Therapeutic Approach Yoga Studio.



► Students learn their craft at the Canadian College of Acupuncture and Traditional Chinese Medicine.

Heal thyself

Naturopathic medicine, a health-care system based on the ability of the body to heal itself and on what it calls the healing power of nature, is a more regulated field.

In 2008, Nova Scotia began to legislate the practice to better protect consumers and to provide increased legitimacy for naturopathic doctors.

Practitioners study for about seven years, including obtaining a doctor of naturopathic medicine degree/diploma from an accredited school, pass a licensing exam and become a member of the Nova Scotia Association of Naturopathic Doctors and the Canadian Association of Naturopathic Doctors.

The nearest recognized program is Toronto's Canadian College of Naturopathic Medicine. The other Canadian institute is B.C.'s Boucher Institute of Naturopathic Medicine.

JON TATTRIE

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Tasty, not cheesy

► There's more than one way to serve up broccoli ► And this tasty vegetable is at its best right now

When it comes to broccoli, there really is flavour beyond cheese sauce.

Not that cheese sauce is a bad way to mask some of the sulphurous smell and assertive flavour many people object to with this wonderfully healthy vegetable. But there are healthier ways of dressing it up, as in this savoury, salty sauce made from olives, capers and lemon juice.

While broccoli is always available, it is at its best in late summer through early winter. Look for bunches that are dark green with tightly closed florets. Avoid broccoli that is limp, yellowing or has a too strong an odour.

Preparation is simple — rinse the broccoli thoroughly and separate the stalks from the florets. The stalks are edible and flavourful, but you should use a veg-

etable peeler or sharp paring knife to remove the tough outer skin.

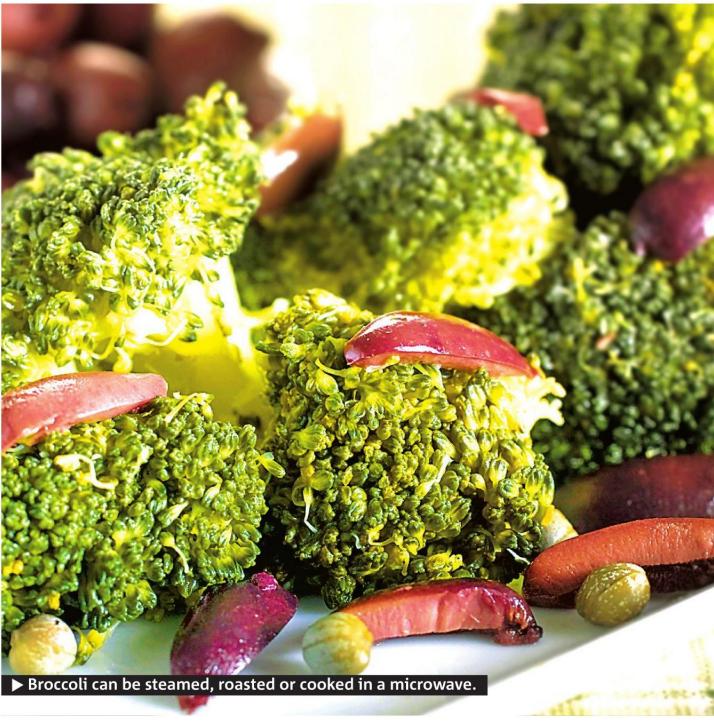
To achieve the most evenly cooked broccoli, always cut the florets into consistently sized pieces.

To steam, put broccoli in a steamer basket set over a large saucenpan filled with about 2.5 centimetres (one inch) of water. Cover and steam until tender, three to six minutes.

To microwave, put about 1 l (4 cups) of stalks and florets in a microwave-safe bowl. Add a few tablespoons of water, then cover and microwave on high for three to five minutes.

Roasting concentrates the flavours. Toss the broccoli in a tablespoon of extra-virgin olive oil and roast at 230 C (450 F) until tender and the bottoms are well browned, 10 to 12 minutes.

THE ASSOCIATED PRESS



► Broccoli can be steamed, roasted or cooked in a microwave.

Broccoli With Lemon, Olive and Caper Sauce Preparation:

1 In a medium saucepan fitted with a steamer basket, bring 2.5 cm (1 inch) of water to a boil. Steam broccoli until tender-crisp, 4 to 5 minutes.

2 Transfer broccoli to a serving bowl, cover and set aside.

3 Meanwhile, in a small saucepan over medium heat, melt butter. Add oil and garlic and cook, stirring, for 1 minute. Stir in olives, lemon

juice and capers and cook until heated through, 1 to 2 minutes.

4 Pour sauce over reserved broccoli and season with black pepper. Toss well to coat. Makes 4 to 6 servings.

Ingredients:

Broccoli With Lemon, Olive and Caper Sauce

- 1 l (4 cups) fresh broccoli florets
- 5 ml (1 tsp) butter
- 15 ml (1 tbsp) extra-virgin olive oil
- 1 clove garlic, minced
- 50 ml (1/4 cup) sliced kalamata olives
- 45 ml (3 tbsp) lemon juice, or to taste
- 15 ml (1 tbsp) capers, rinsed
- Ground black pepper, to taste

Kids will love yummy Cheeseburger Salad

This mini cheeseburger salad is the perfect tiny treat for your favourite tots. The combination of kid-sized burgers, nutritious veggies and cheese makes a fun and fresh dish that they will not be able to resist.

Mini Cheeseburger Salad Preparation:

1 In a bowl, lightly combine beef,

breadcrumbs, steak sauce, onion and egg. Lightly fold in shredded cheddar cheese. Gently form into four 2-cm (3/4-inch) thick patties.

2 Grill over medium-high heat on lightly oiled grill for 5 to 7 minutes per side or until digital instant-read thermometer inserted sideways in

to centre of patty reads 71 C (160 F).

3 Top iceberg lettuce wedges with cooked patties, halved grape tomatoes, shredded cheddar and sliced dill pickles. For salad dressing, combine Thousand Island Dressing with yellow mustard. Makes 4 servings.

Ingredients:

Mini Cheeseburger Salad

- 500 g (1 lb) lean ground beef sirloin or chuck
- 50 ml (1/4 cup) dry bread-crumbs
- 30 ml (2 tbsp) steak sauce
- 1 small onion, finely chopped
- 1 egg, lightly beaten
- 125 ml (1/2 cup) shredded cheddar cheese
- Iceberg lettuce, grape tomatoes, shredded cheddar cheese, dill pickles
- Thousand Island Dressing
- 50 ml (1/4 cup) yellow mustard

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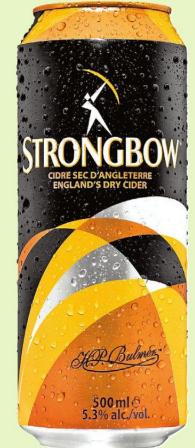
With our ties to the United Kingdom and a propensity for apple production you'd think Canadians would drink more cider. Having just been to Ireland, it was hard not to notice its popularity there: what with huge billboards advertising the bigger cider companies all over the country.

What makes its lack of popularity here even stranger is that we're talking fermented apple juice here folks: You couldn't find a more familiar flavour or one that is so food-friendly.

England's Strongbow (500 ml, \$2.95 - \$3.31) with its light, dry personality and refreshing finish is arguably the most famous cider in the world. That said, Gaymers Original (500 ml, \$2.95 - \$3.56) — also from England — has been around since 1770. It's slightly sweeter with a nice mature apple character that lingers on the palate.

While these two are huge international brands; regional cider production across Canada is at an all time high. Check out your neighbourhood liquor store or farmer's market to see what unique local styles are available in your area.

Prices reflect the range across the country. Some products may not be available in all provinces.



Friends in strange places

► A program at Indiana University allows medical students to meet the family of the donor they will be working on

Dot Purcell always knew she would donate her body to science. Even when young, the mother of 11, a doctor's daughter, would say, "there's something good in here" that might help others.

Every year, thousands of people donate their bodies to science, becoming an essential part of hands-on medical training.

Donor protocol usually calls for some distance. Which is why the story of what happens at Indiana University Northwest, where Dot's body ended up, is so unusual.

At the tiny medical school, medical students are told the donors' names, given their medical records and encouraged to get to know their families.

"They have been very thorough in telling me what happened and why, which was very comforting to me."

JIM PURCELL

So last October, a year after Dot's death at age 86, Her husband, Jim Purcell got a letter from the school. Dot's body, donated to the state anatomical gift association, had been sent to the school, just 15 kilometres from the family's home, and they were invited to meet with the four first-year medical students who would be working on her.

When the day arrived, there were more than just polite handshakes. The businessman in Jim Purcell approached it like interviewing a job candidate — he at Notre Dame, she at its sister school, St. Mary's College.

For first-year medical student Lucas Buchler, it was a genuine desire to help people that made him want to be a doctor. He found Purcell's questions welcoming. "I could tell by how he listened to our answers he had a genuine interest," Buchler said. "It was wonderful for us."

Throughout the semester, while working in the dissection lab, the students kept in touch with the Purcells, gaining an understanding of the family's deep grief while get-

ting to know who Dot was.

She was an uncommon mix of elegant and practical, a buoyant blond who met Jim while they were in college — he at Notre Dame, she at its sister school, St. Mary's College.

She loved books and music, going out on the town with her husband and ice-skating with her kids. She had a great sense of humour, and taught her children to challenge everything.

"We knew right away that they clicked with my mom," Mike Purcell, Dot's youngest son, said.

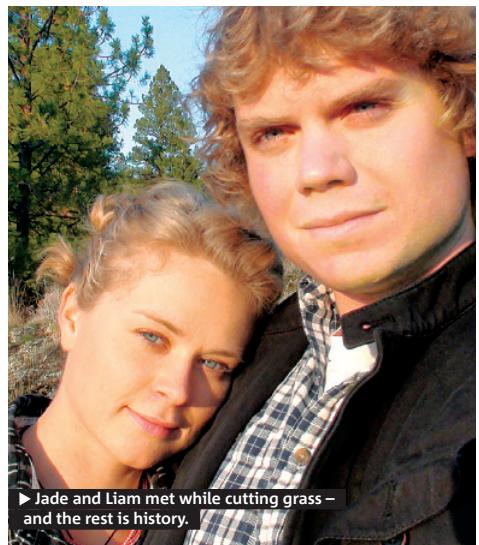
Buchler, especially, clicked with the Purcells. Since that first meeting, and even after the semester ended, he's been in weekly contact, by email, phone or personal visits, with Jim and Mike. First, it was to fill them in on what he was learning in class; now it's to keep them updated on research he's doing.

Buchler says learning about Dot the person has helped what he's learned in the lab make more sense. THE ASSOCIATED PRESS



► Lucas Buchler, left, was among the medical students who ended up forming a friendship with the family of one of the donors he worked on.

THE LAWN OF LOVE



► Jade and Liam met while cutting grass — and the rest is history.

How We Met: Jade & Liam

Names: Jade, 25, and Liam, 28

Hometown: Coldstream, B.C.

Together since: 2009

Their story:

"I (Liam) met my wonderful princess while working long, hard hours mowing lawns at a prestigious golf resort in Vernon, B.C. Along comes Jade, this petite girl with a résumé, looking for summer work..."

It was my second year at the resort, and I knew the work was rough. Along comes Jade, this petite girl with a résumé, looking for summer work. We had an opening for a mower. I didn't think she would last a week, though I hoped she'd be around for the season! I flirted more than train her, and I was soon hooked. She lasted more than a week; more than a month—she made it the entire season! Our days sweating under the hot sun turned into the beginning of a wonderful relationship. A season mowing lawns and half a winter later, we're living together. Jade and I are happy as can be, and we owe it all to cutting grass."

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650 Sackville Dr., Lower Sackville (Acadia Community Hall)
Enfield Legion - 50 Old Enfield Rd., East Hants

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**BABY TALK**

Your family is your most precious asset and you "invest" in the lives of your children by providing love, support, food, clothing, shelter, safety, and education. But, from a financial perspective, children are considered a cost. North

American families spend approximately \$150,000 to \$250,000 to raise one child. This doesn't include post-secondary education, just the costs associated with providing for a child's basic needs until he or she turns eighteen.

But, don't avoid having, adopting, or raising children because of the cost. Just be aware that children require a significant investment of your time,



►Budget for your baby — but don't avoid having one because of the costs.

your love, and your dollars. It's easier to provide these things when you're in good financial shape and can afford the time and energy.

Before you get pregnant or sign the adoption pa-

pers, prepare yourself for the adjustment. Households that have children spend approximately 20 per cent more than households that don't.

So, if you haven't created a budget, do it! It's im-

portant to factor in the increased costs of food, clothing, daycare, RESP contributions, and insurance. And, if you buy a bigger house or car, your payments might be higher.

Also investigate what medical expenses you might incur throughout your pregnancy, birth and post-partum, and any related to adoption.

Next, ensure you have a living and working situation that will allow you to make time for your kids. If you're working eighty hours a week, it's going to be hard to make time for your kids. On the other had, can you afford to cut back on hours? Check to see what type of maternity and paternity benefits you're entitled to receive. The government will com-

pensate you somewhat for lost income (servicecanada.gc.ca) — select resources for families and children), and sometimes your employer will help as well. But, more often than not, you'll bring home less money than if you worked full time. How will you make up the difference?

Update your will and insurance coverage.

A will is your chance to state what you want to have happen if you or your partner pass away. Insurance coverage helps you to protect your assets in the event that something bad happens.

If you decide to become a parent, have a clear understanding of the financial, physical, and emotional investment you'll make to raise a child.

LOCAL WORSHIP LISTINGS



Blessings and Welcome to the neighbourhood!

Lutheran Church of the Resurrection
for Sunday service 10-11am, followed by a time of fellowship.
<http://users.eastlink.ca/~lutheranchurch/Index.html>
lutheranchurch@eastlink.ca

Atlantic Lutheran Campus Ministry invites you to make contact with our Campus Chaplain Clement Mehlman!
Clement.Mehlman@dal.ca • lutheranstudentsatlantic.com

Lutheran Church of the Resurrection • 2096 Windsor St., Halifax (corner of Windsor and Allan) Check us out on Facebook!

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For more information on opportunities to get involved in parish life and outreach, study groups, and week-day services, please visit our website or call the parish office, tel 423 1059.



www.roundchurch.ca

SAINt MARY'S CATHEDRAL BASILICA

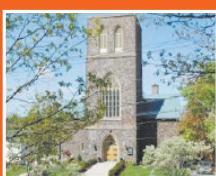
Weekday Mass Times
Monday – Friday 12:15pm & 5:15pm
Saturday's 12:15pm

Lord's Day Mass Times
Saturday 5:00pm DST / 4:00pm AST
Sunday's 7:30am, 10:30am & 5:00pm

The Sunday 5:00pm Mass is dedicated to young adults and is served by the Saint Mary's and Dalhousie University Chaplains.

Confessions
Wednesdays 6-7pm
Saturday's 3:30-4:30pm DST /
2:30-3:30pm AST

The Cathedral Office is open Monday – Friday 9:00am – 4:00pm and is located in the Catholic Pastoral Centre at 1531 Grafton Street.



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RESPs equal free money – don't wait

► Shop around – not all RESPs are the same ► Some group plans come with high fees and low returns

ON MONEY

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Any moment now tuition bills are going to hit with a mighty thump. And lots of parents will be wishing they'd contributed more to their kids' RESP, Registered Education Savings Plan.

An RESP is the best deal going. Here's how it works. First comes the

child, then you apply for a social insurance number and finally you open an RESP.

You can have individual RESPs for each child but there's no need. Keep it simple smartie! One account is much easier to handle.

The best part is the Canada Education Savings Grant. Most will receive 20 cents on every dollar contributed, up to \$2,500 per child annually. You can't beat that return these days.

High income earners will receive a bit less on

"The best part is the Canada Education Savings Grant. Most will receive 20 cents on every dollar contributed, up to \$2,500 per child annually."

the first \$500 contributed and those with low incomes more. After that the CESG is the same for everyone.

Over the life of the plan, you're allowed to con-

tribute up to \$50,000 per child and the Canada Education Savings Grant maxes out at \$7,200.

One caution. RESPs are not all the same.

Group RESPs may dazzle with visions of gold when its time for college. However, some of these plans are notorious for high fees and low returns.

Some sales pitches warn that with "other plans" you could lose your RESP contributions if your child doesn't go on to post-secondary studies. Not true.

You can transfer the funds to another child or

cial institutions. Fees are low and your investment options are wide.

17

Percentage of post secondary students in 2010 who will draw on RESPs to pay tuition.

withdraw contributions though, depending on your income, you may pay tax on interest or capital gains earned inside the RESP. And you will have to pay back the government grant.

I'm a big fan of plain vanilla RESPs, the kind you open at most major finan-

Interest rates/ Savings accounts

BANK	RATE
BMO	1.25%
CIBC	0.70%
HSBC	0.75%
ING	1.50%
PCF	1.50%
RBC	1.15%
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4

sports

Sports in brief



1 Allen Iverson is considering playing in China.

2 A league source requesting anonymity said Eric Tillman has officially been hired as the new general manager of the Edmonton Eskimos.

3 Deion Sanders is among the first-year eligible candidates for the Pro Football Hall of Fame.

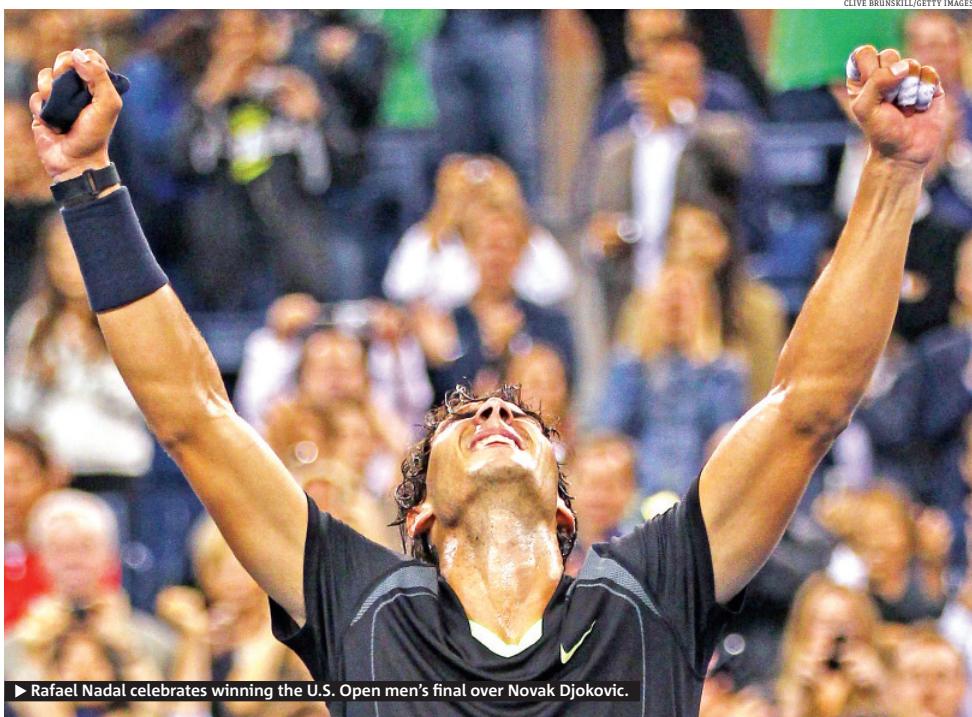
• METRO



Scan code for more sports

Nadal finally conquers U.S.

► Spaniard wins his first U.S. Open and completes career Grand Slam
► Beats Djokovic in thrilling match to continue magical year on the court



► Rafael Nadal celebrates winning the U.S. Open men's final over Novak Djokovic.

CLIVE BRUNSKILL/GETTY IMAGES

The list was long. Everyone, even Rafael Nadal himself, tried to explain why he kept leaving the U.S. Open without a trophy, why it was the only Grand Slam tournament he hadn't conquered.

His grinding style exhausts him. The wind plays havoc with his spin-lathered strokes. The courts are too hard and too fast. The balls are too soft. And so on.

Two marvellous, nearly perfect weeks — and one thrilling victory in a tight final — make that all sound rather silly.

7
Nadal is the seventh man in tennis history with at least one title from each Grand Slam tournament.

Nadal won his first U.S. Open title last night to complete a career Grand Slam, beating Novak Djokovic 6-4, 5-7, 6-4, 6-2 in a match filled with fantastic shotmaking by both men and interrupted by a thunderstorm a day after it was postponed by rain.

It's Nadal's third consecutive major championship and ninth overall.

Rain pushed the men's final from Sunday to yesterday for the third consecutive year, and play was interrupted for nearly two hours during the second set. When they resumed, Djokovic took that set, the only one Nadal lost in the tournament.

But the No. 1-ranked Spaniard quickly took a lead in the third set and never let it go. Viewed for quite some time as Roger Federer's nemesis, Nadal now has made his own

greatness quite clear.

He stretched his Grand Slam winning streak to 21 matches by adding the U.S. Open to his titles at the French Open in June, then Wimbledon in July.

No man had won those three tournaments in the same year since Rod Laver won a true Grand Slam in 1969. Now Nadal heads to the Australian Open in January with a chance to claim a Rafa Slam of four consecutive major championships — something that also hasn't been done since Laver.

THE ASSOCIATED PRESS

Ravens upstage Jets in their new home

10 **9**



RAVENS



JETS

The Baltimore Ravens gave the New York Jets some hard knocks — real ones.

The Jets intrigued audiences in the pre-season with their no-holds-barred, behind-the-scenes TV show, but it was the Ravens who grabbed the spotlight last night with a 10-9 win.

They held New York to 176 yards, six first downs, allowed Mark Sanchez just 74 yards passing and kept Rex Ryan's crew out of the end zone.

For those urging the Jets to put up or shut up, well, it was Baltimore that produced most of the highlights in a sloppy opener of New York's new home.

The \$1.6-billion US New Meadowlands Stadium rocked with J-E-T-S chants, then the Ravens rocked Ryan's defence with enough big plays to silence the crowd of 78,127 — if not the talkative coach and his players.

Billy Cundiff's 25-yard field goal in the third quarter provided the winning points, with Anquan Boldin, Baltimore's main off-season acquisition, gaining 65 yards on two passes against first-round draft pick Kyle Wilson.

THE ASSOCIATED PRESS



► Ravens linebacker Ray Lewis reacts to a play last night.

Devils docked two draft picks

"We disagree with the decision. We acted in good faith and did nothing wrong. We will have no further comment."

DEVILS GENERAL MANAGER LOU LAMORIELLO, IN A STATEMENT RELEASED YESTERDAY

The cost of signing Ilya Kovalchuk ended up being more than the New Jersey Devils could ever have imagined.

A saga that dragged through the summer had one final twist yesterday night as the NHL came down hard on the Devils for trying to circumvent the salary cap. The league hand-

ed the team a \$3-million US fine and docked it two high draft choices.

The punishment stems from the Kovalchuk contract that was submitted to the league in July.

Arbitrator Richard Bloch ruled the \$102-million, 17-year deal was an attempt to get around the salary cap. The contract was to last un-

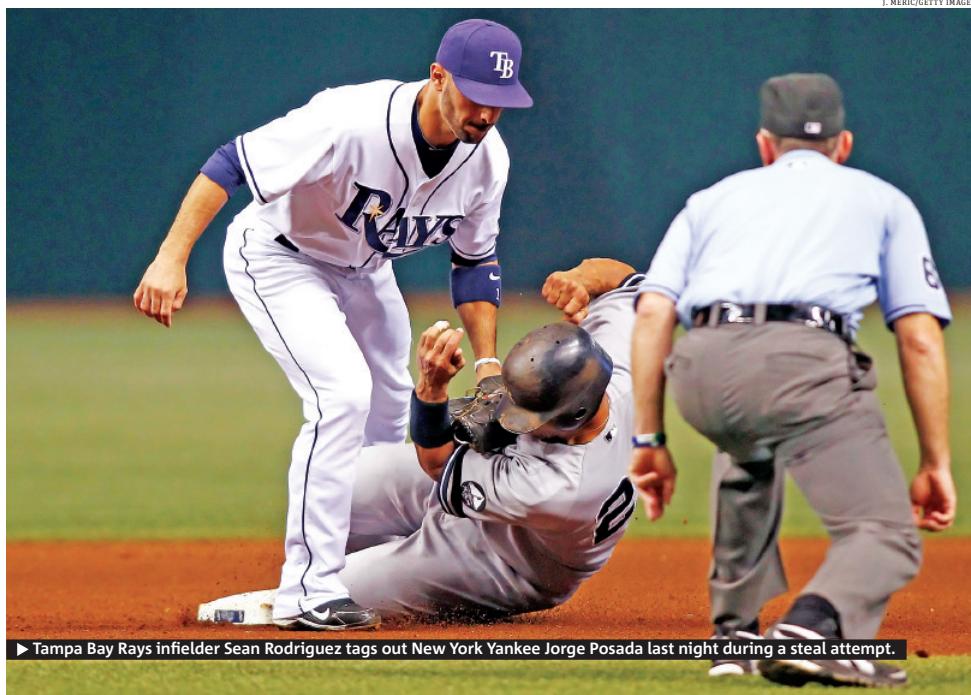
til Kovalchuk's 44th birthday and featured a number of years at a reduced salary.

As a result, the Devils will pay the hefty fine and forfeit their third-round draft pick in 2011 and a first-round selection in one of the next four drafts. It will be up to New Jersey to choose which one.

THE CANADIAN PRESS

Maddon, Rays striving for division crown

- With playoff berth all but assured, Rays won't stay complacent
- AL East club wants to beat out Yankees for top spot in division



The American League East crown may be up for grabs, but barring an epic collapse, both the Tampa Bay Rays and New York Yankees are going to the playoffs next month.

While that simple fact may have removed some of the drama from the seven remaining regular-season games the two rivals are to play against each other, starting last night in St. Petersburg, Fla., it hasn't changed any of the incentive for Rays manager Joe Maddon.

Reid Brignac homered leading off the bottom of the 11th inning last night to send the Rays into first place in the East with a 1-0 victory over the Yankees.

It was good news for Maddon because he badly wants to win the division and has no intention of letting up to settle for the wild card.

"My internal combustion system on a daily basis feels a very strong urge to win all these games," Maddon said

over the weekend in Toronto. "I truly believe winning your division is the ultimate goal. You want to win your division first and reap the benefits of that afterwards."

"We've played much better on the road, but I'd much prefer if we get into the playoffs to start at home and have some kind of home-field advantage."

The Rays won the AL East in 2008 when they made their only other post-season appearance, and it paid off when they needed a seventh game to knock off the division rival Boston Red Sox in the American League Championship series.

This week's series, and the four-gamer in New York next week, may very well be a prelude to this year's ALCS, so neither team will want to give an inch beforehand, even though the slate is essentially wiped clean once the post-season begins.

THE CANADIAN PRESS

Luongo gives up captaincy

JONATHAN HAYWARD/THE CANADIAN PRESS

The Vancouver Canucks' experiment of having goaltender Roberto Luongo as team captain is over.

Luongo has decided to relinquish the C and the pressures that go with being captain of an NHL team in a Canadian city.

"He confirmed last night and said he'd rather just focus on stopping the puck," general manager Mike Gillis said yesterday.

"He's going to continue with all the leadership stuff he did before, but not have the same sort of expectations with the media on game days that has happened the last couple of years. He's focused on trying to win a Stanley Cup and feels this is in the best interests of the team."

A relaxed-looking Luongo said the decision was his and his alone.

"I never felt pressure to either give it up or keep it," he told reporters in Vancouver.

"I think I can put something less on my plate. The less distractions as a goaltender (the better). It's a weird position. You are on your own. You have to be focused all the time and thinking about your job."

"For me, taking a step back, putting my entire focus on that is more im-



portant at the end of the day. Winning a championship for this team (is more important) than being captain."

The Canucks will name a new captain before the start of the regular season.

THE CANADIAN PRESS



For September 13th

9 Hedley - Hands Up

8 Ke\$ha - Take It Off

7 B.o.B ft Rivers Cuomo - Magic

6 David Guetta ft Fergie, LMFAO - Getting Over U

5 Adam Lambert - If I Had You

4 Taio Cruz - Dynamite

3 Flo Rida ft David Guetta - Club Can't Handle Me

2 Eminem ft Rihanna - Love The Way You Lie

1 Katy Perry - Teenage Dream

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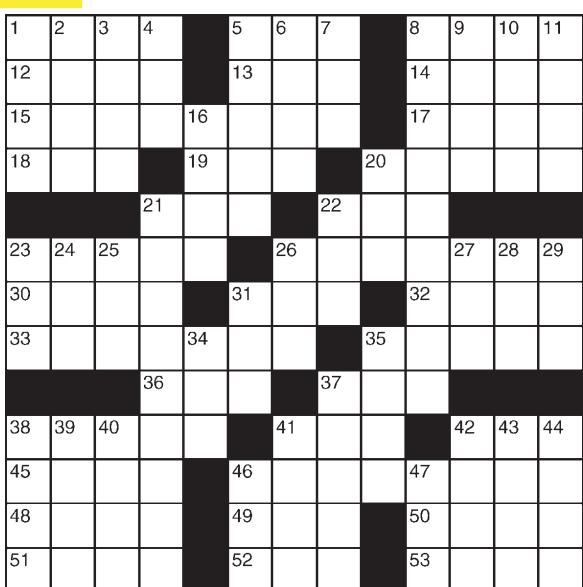
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Crossword

Across

1 50 per cent
 5 Old airline letters
 8 Church section
 12 Needle case
 13 Charged particle
 14 Manhandle
 15 Thyme partner
 17 Tarzan's clique
 18 Make a choice
 19 Branch
 20 Fad
 21 Secretive org.
 22 21-Across em-
 employee
 23 Piece of informa-
 tion
 26 Big fans
 30 Responsibility
 31 Whammy
 32 Actress Turner
 33 A power of two
 35 Swell
 36 Rowing prop
 37 "Mayday!"
 38 "Danaë" painter
 Gustav
 41 Urban transport
 42 Tackle the slopes
 45 Houston acronym
 46 Its motto is "Manly
 deeds, womanly
 words"
 48 Eastern potentate
 49 Work unit
 50 Actor Jannings
 51 Simple
 52 Tiny
 53 Apportion (out)
Down
 1 Medal earner
 2 On
 3 A deadly sin
 4 "Curse you!"
 5 Pageant winner's



crown
 6 Apple dweller?
 7 Whatever number
 8 Autumn bloom
 9 One of the Three
 Bears
 10 Mideast canal
 11 Otherwise
 16 Cripple
 20 Bookkeeper (Abbr.)
 21 Typical
 22 Gender
 23 — and don'ts
 24 Blackbird
 25 "Monkey suit"
 26 Buddhist sect

27 Lumoxox
 28 Stick with a kick
 29 Put into words
 31 That woman
 34 Dine
 35 Inquisitive
 37 Power glitch
 38 Elbow counterpart
 39 Dalai —
 40 Wife of Osiris
 41 Undraped
 42 Unaltered
 43 Wield needles
 44 Between jobs
 45 Kitten's call
 47 Moon vehicle

Today's horoscope

Aries March 21-April 20 Your current situation may look chaotic but if you stand back and look at it from a distance you should be able to see a pattern beginning to emerge.

Taurus April 21-May 21 The more you are on the move today the more likely it is you will find something worth knowing. If you can, take a friend along for the ride. What you discover together will double if not triple the benefits.

Gemini May 22-June 21 You will get your way today, of that there is no doubt, but be careful that in getting your way you don't turn someone against you who really should have been on your side. Make allies, not enemies.

Cancer June 22-July 22 If you have not done so already you should be making plans for the next week or so, and the bigger those plans are the better.

Leo July 23-Aug. 23 Don't worry if you are being held back by circumstances beyond your control because in a matter of days it won't matter any more. What seems such a big deal now is of no real consequence, so lighten up, and laugh again.

Virgo Aug. 24-Sept. 22 You will start to believe that anything is possible — and you're right, it is. For too long you have let negative thoughts hold you back. Now be positive in everything you do.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Libra Sept. 23-Oct. 23 Your energy may dip a little today but that is not an excuse to do less. It may take more of an effort and a bit more time to reach your goals but you will reach them all the same.

Scorpio Oct. 24-Nov. 22 What changes can you make to bring more excitement and success into your life? You have the power to do as you please. Do only what pleases you.

Sagittarius

Nov. 23-Dec. 21 Don't focus on one thing to the exclusion of everything else today or you may miss out on the kind of opportunity that comes around only once in a lifetime. Keep your eyes and ears open, and be ready to act fast.

Capricorn Dec. 22-Jan. 20 Listening is twice as important as talking and if you listen hard today you will hear something to your advantage. It may be something you are not supposed to know.

Aquarius Jan. 21-Feb. 18 You are fired up with ambition and eager to show those around you what you can do. What is it you would like to change most in the world? Start changing it today.

Pisces Feb. 19-March 20 You may be tempted to make big claims for yourself today, which could lead to problems later on when others discover that your experience is actually quite limited.

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Sudoku

5	1							
	4	6						5
1	7	8	2	9				
	8							1
3	7	8	9	2				
2					4			
	8	6	3	4	1			
5		9	6					
		2	8					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	2	7	1	8	3	6	4	9
9	6	4	5	7	2	3	8	1
3	8	1	6	4	9	2	7	5
2	3	8	9	6	7	1	5	4
1	4	9	8	2	5	7	3	6
6	7	5	4	3	1	9	2	8
8	9	3	7	1	4	5	6	2
4	1	2	3	5	6	8	9	7
7	5	6	2	9	8	4	1	3

Show some love! Send a note to somebody special at kiss@metronews.ca

To my dearest Helen, you are simply amazing. I love the way you smile, and how warm your heart is. I will always love you each and everyday. Muah, you are beautiful. I love you. CURTIS

To my one and only Dee bear. Your unique cheeks and smile are all I need to brighten up my day. LOVE ALWAYS, EVAN XX.

Chippster, I'm in love with you. This could be way too late, or you could just never see it. Its a chance I'm willing to take. Your my heart. Was I yours? YOUR WS, XOXO

I love you my handsome monkey angel without wings! I cannot wait to marry you! All my love forever,
GORGEOUS

Today

18° / 11°
 Showers

60%

Wednesday

17° / 10°
 Showers

70%

You have voted us #1 for best forecasts on TV. Thank you Canada!

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Caption contest

You write it!
WIN!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

smokers' helpline

CONNECT TO QUIT
 smokershelpline.ca

Canadian Society for Cancer Research

Health Canada Santé Canada

Financial contribution from

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Deals of the week

DOMINICAN REPUBLIC

Samana via Toronto

Grand Paradise Samana • 4★

All-Inclusive

Superior garden rm.
Sept. 19 - 26 • 1 wk.

\$549

+Taxes & other fees
(including service charges): \$326

Punta Cana via Toronto

Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite
Oct. 2, 16 & 23 • 1 wk.

\$749

+Taxes & other fees
(including service charges): \$326

JAMAICA via Toronto

**Gran Bahia Principe
Jamaica • 4 1/2★**

All-Inclusive • Junior suite
Oct. 1-3 & 5-8 • 1 wk.


\$949

+Taxes & other fees
(including service charges): \$293
Please add \$50 for Sat. & Sun. departures

**Sunset Jamaica Grande
Resort & Spa • 4★**

All-Inclusive
Standard rm.
Oct. 1-25 • 1 wk.


\$899

+Taxes & other fees
(including service charges): \$293
Please add \$50 for Sat. & Sun. departures

USA

Orlando via Montreal

Clarion Resort & Waterpark • 3★

Double guest rm.
Nov. 1-7 • 5 nts.

\$669

+Taxes & other fees
(including service charges): \$131

CUBA

**Cayo Coco/Cayo Guillermo
via Toronto**

TRYP Cayo Coco • 4★

All-Inclusive • Standard rm.
Oct. 9, 16 & 23 • 1 wk.

\$639

+Taxes & other fees
(including service charges): \$240

Varadero via Toronto

**Sirenis La Salina Varadero
Beach Resort • 4★**

All-Inclusive • Standard rm.
Oct. 2, 3, 9 & 10 • 1 wk.

\$649

+Taxes & other fees
(including service charges): \$240

BAHAMAS

Great Exuma via Toronto

Grand Isle Resort & Spa • 4★

Continental breakfast
One-bedroom villa garden view
Oct. 3-24 • 1 wk.

\$1349

+Taxes & other fees
(including service charges): \$214

SAINT LUCIA via Toronto

The Village Inn & Spa • 3★

All-Inclusive • Standard rm.
Oct. 2-30 • 1 wk.

\$1389

+Taxes & other fees
(including service charges): \$238

CRUISE

Princess Cruise Line[®]

Caribbean Princess

Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. JJ
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(including service charges): \$284



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ANY 2010*

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60 MOS.**

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CITY: 7.1L/100KM (40 MPG)

HEATED
FRONT SEATS

AIR
CONDITIONING

2010 KIA FORTE LX AT

SAVE

\$1,250 +3 PAYMENTS
ON US

+ FINANCE APR
FOR UP TO
60 MOS.**

HWY: 5.8L/100KM (49 MPG)
CITY: 8.5L/100KM (34 MPG)

STEERING WHEEL
AUDIO CONTROLS

AUTOMATIC
TRANSMISSION

2010 KIA RONDO EX

SAVE

\$1,600 +3 PAYMENTS
ON US

+ FINANCE APR
FOR UP TO
60 MOS.**

HWY: 7.5L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)

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CONDITIONING

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AVAILABLE

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2011 KIA SORENTO

Sale Price From

\$22,495 \$1,500

Cash Purchase Price

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CITY: 10.6L/100KM (27 MPG)

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*0% purchase financing available on all 2010 Kia models for up to 60 months on approved credit (OAC). Cash back varies by model and trim. **Payments on Us* is available on all 2010 MY purchase financing offers on approved credit. The payment amount is calculated based on the monthly payment (excluding applicable taxes) of a 5-year 0% purchase financing contract, each payment amounting to (MSRP + DBP + A/C + T/C + Colour Change) / 60. This amount will be offered in the form of a cheque or may be applied to the selling price of the vehicle. It is the responsibility of the customer to make all payments in accordance with the financing contract; this promotion does not in any way change its terms or void any due payments. (i) Cash purchase price for 2011 Sorento (\$5540) is \$22,495 and includes a cash credit of \$1,500 based on MSRP of \$23,995. Delivery and destination fees of \$165 and PSEA included. *Financing for 2010 Rio (R05404) and Optima (R05405) offers on approved credit. 2010 Rio (R05404) is \$2,500.00/25.00% interest based on MSRP of \$17,995-\$22,995 (\$2,500/25.00%=\$1,500). Cash back varies by model and trim. All offers exclude license, insurance, other taxes, down payment and dealer administration fees. *Offer valid at participating dealerships. Other restrictions apply. See dealer for details. © 2010 Kia Motors America, Inc. 2010 Kia Sorento EX-V6 (R05404) is 5.8 L/100KM (40 MPG)/11.0 L/100KM (27 MPG). 2010 Forte EX-V6 (R05405) is 7.4 L/100KM (34 MPG)/12.0 L/100KM (27 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication *EnergyGuide Fuel Consumption Guide*. *2010 Kia Sorento awarded the Top Safety Pick by the Insurance Institute for Highway Safety. The award is applicable on all 2010 Sorento models manufactured after March 2010. Visit www.iihs.org for full details. The 2010 Kia Forte was awarded Car of the Year by *Autoguide.com*. To learn more please visit www.IIHS.org. © 2010 Kia Motors America, Inc. Green Score for the 2010 Kia Rio based on specification within its segment. Refer to GreenerCars.org for full details. NHTSA (National Highway Traffic Safety Administration) test results. Visit www.safercar.gov for full details. **The Bluetooth word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some vehicles advertised may include optional accessories after-sale equipment and may not be exactly as shown. Information in this advertisement is believed to be accurate at the time of print. Offer ends September 30th, 2010. KIA is a trademark of Kia Motors Corporation.

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